

Centrum Advantage™

Ingredients



Vitamins	Daily Dose	Health Benefits
Beta Carotene	3000 IU	An antioxidant that is converted by the body to vitamin A as needed.
Vitamin A	1000 IU	Has been associated with eye and skin health.
Vitamin E	200 IU	An antioxidant that is important for heart health, immune functions and may protect against some cancers.
Vitamin C	250 mg	This antioxidant may help promote eye health, immune functions and help reduce the risk of some cancers.
Folic Acid	0.6 mg	Helps in cell formation and reducing the risk of some cancers, reduces the risk of birth defects when taken prior to conception and during early pregnancy
Vitamin B1	2.5 mg	Aids in energy production from food, as well as for skin health, blood and brain health.
Vitamin B2	5 mg	Has been associated with homocysteine reduction, helps promote eye health as well as skin, blood and brain health
Niacinamide	15 mg	Helps convert food into energy, and is essential for skin, blood, brain and the nervous system.
Vitamin B6	5 mg	Necessary for proper function of the nervous, blood and immune system
Vitamin B12	100 mcg	Has been associated with homocysteine reduction and protection of nervous system.
Vitamin D	800 IU	Help promote bone health, has been associated with the reduction of the risk of some cancers and Multiple Sclerosis (MS)
Biotin	45 mcg	Helps the conversion of food into energy.
Pantothenic Acid	10 mg	Converts food to energy, essential for the nervous system

Minerals	Daily Dose	Health Benefits
Calcium	400 mg	Help in the promotion of bone health, muscle contraction and relaxation, nerve impulse transmission, and helps to maintain blood pressure.
Iodine	0.15 mg	Helps in the formation of the thyroid hormone, which aids in metabolism.
Iron	4 mg	Essential part of haemoglobin
Magnesium	100 mg	Helps build and maintain bone and teeth.
Molybdenum	45 mcg	Important for normal cell function
Copper	1 mg	Helps in iron metabolism, formation of red blood cells and in promoting eye health.
Manganese	5 mg	Necessary for normal metabolism and bone formation.
Potassium	40 mg	Needed for muscle contraction and maintaining heart beat.
Selenium	70 mcg	Acts as an antioxidant.
Zinc	7.5 mg	Helps maintain a healthy immune system and eye health.
Chromium	100 mcg	Improves the activity of insulin and is necessary for glucose metabolism.

Other	Daily Dose	Health Benefits
Lutein	2 mg	Helps in the promotion of eye health.
Lycopene	2 mg	Reduces the risk of prostate cancer and cardiovascular disease.