



## WHO IS AT RISK OF VITAMIN AND MINERAL INADEQUACIES?

- Women of child bearing age
- People on weight loss or fad diets
- Women taking contraceptives
- Strict vegetarians
- Seniors
- Adolescents with poor dietary habits
- Individuals on medications or with chronic conditions that affect nutritional status

	Dosage	Patient Profile	Key Benefit	Key Nutrients
<b>Centrum Forte®</b> 	1 tablet daily with food  Physician samples are available	Suitable for most adults age 12 and over	Complete vitamin and mineral support	0.6 mg of Folic Acid, 600 IU of Vitamin D and 25 mcg Vitamin K
<b>Centrum Select®</b> 	1 tablet daily with food  Physician samples are available	Adults 50+  Also available in a lemon raspberry chewable tablet	Specially formulated for those 50+	Decreased Iron, increased B Vitamins and Chromium and 25 mcg Vitamin K
<b>Centrum Advantage®</b> 	2 tablets daily with food  Physician samples are available	For patients interested in reducing their risk of chronic disease or who are taking supplements in addition to their multivitamin	Vitamin and mineral support for those who may be at risk for cardiovascular disease, certain cancers, age-related macular degeneration or cataracts	2 mg Lutein, 2 mg Lycopene, 100 mcg Vitamin B12, 800 IU Vitamin D
<b>Centrum Performance®</b> 	1 tablet daily with food	Adults who want to enhance their energy level	Vitamin and mineral support for those with active lifestyles and increased energy demands	Ginseng and increased levels of B Vitamins for energy
<b>Centrum Protegra®</b> 	2 tablets daily with food	For adults who want complete multivitamin support with increased levels of folic acid and vitamins C and E	Antioxidant formula	Increased levels of Folic Acid, the Antioxidant Vitamins C, E and Beta-Carotene plus increased Magnesium*
<b>Centrum Junior® Complete</b> 	1 tablet daily with food	Children 2-12	Great tasting cherry and orange flavoured chewable tablets to complement a child's diet	Full range of B Vitamins, Vitamin C plus Calcium and Iron  <b>Does not contain aspartame</b>
<b>Centrum® Materna®</b> 	1 tablet daily with food  Physician samples are available	Women planning pregnancy or who are pregnant or breastfeeding	Reduces the risk of Neural Tube Defects and provides required nutrients during pregnancy and lactation	1 mg Folic Acid, 27 mg Iron (100% of the daily requirement for pregnancy)

None of the products contain gluten, parabens, peanut oil or tartrazine (FD&C yellow no. 5).

# Trust the science of Centrum

[www.centrum.ca](http://www.centrum.ca)

Flip over for information on



\* When Compared to Centrum Forte.