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/Mineral Supplement

www.centrum.ca
www.materna.ca

									
	Centrum® Essential Vitamin and Mineral Support	Centrum Forte® For Adults	Centrum Select® For Adults 50+	Centrum Select® Chewables For Adults 50+ with Difficulty Swallowing Tablets	Centrum Advantage® For Long Term Health 2 Tablets/Day	Centrum Cardio® For Cardiovascular Health 2 Tablets/Day	Centrum Performance® For Active Lifestyles	Centrum Junior® Complete Complete Children's Multivitamin	Centrum® Materna® For Preconception, Prenatal and Postpartum Use
	ADULT							CHILDREN	PRENATAL
									
Vitamins					Daily dose	Daily dose			
Vitamin A	300 mcg/1000 IU	300 mcg/1000 IU	300 mcg/1000 IU	300 mcg/1000 IU	300 mcg/1000 IU	600 mcg/2000 IU	300 mcg/1000 IU	300 mcg/1000 IU	300 mcg/1000 IU
Beta-Carotene	1800 mcg/3000 IU	1800 mcg/3000 IU	1800 mcg/3000 IU	1800 mcg/3000 IU	1800 mcg/3000 IU	1200 mcg/2000 IU	1200 mcg/2000 IU	1200 mcg/2000 IU	1500 mcg/2500 IU
Vitamin E	11.25 mg/25 IU	22.5 mg/50 IU	34 mg/75 IU	34 mg/75 IU	90 mg/200 IU	10.6 mg/23.5 IU	27 mg/60 IU	4.5 mg/10 IU	13.5 mg/30 IU
Vitamin C	90 mg	90 mg	90 mg	90 mg	250 mg	120 mg	120 mg	75 mg	85 mg
Folate	0.4 mg	0.6 mg	0.6 mg	0.4 mg	0.6 mg	0.4 mg	0.6 mg	0.1 mg	1 mg
Vitamin B1	2.25 mg	2.25 mg	2.25 mg	2.25 mg	2.5 mg	1.4 mg	4.5 mg	1 mg	1.4 mg
Vitamin B2	3.2 mg	3.2 mg	3.2 mg	3.2 mg	5 mg	1.75 mg	5.1 mg	1 mg	1.4 mg
Niacinamide	15 mg	15 mg	15 mg	15 mg	15 mg	20 mg	15 mg	10 mg	18 mg
Vitamin B6	3 mg	5 mg	8 mg	8 mg	5 mg	4 mg	6 mg	1 mg	1.9 mg
Vitamin B12	14 mcg	20 mcg	25 mcg	25 mcg	100 mcg	3 mcg	20 mcg	2 mcg	2.6 mcg
Vitamin D3	10 mcg/400 IU	15 mcg/600 IU	15 mcg/600 IU	15 mcg/600 IU	20 mcg/800 IU	5 mcg/200 IU	10 mcg/400 IU	10 mcg/400 IU	10 mcg/400 IU
Biotin	45 mcg	45 mcg	45 mcg	45 mcg	45 mcg	62.5 mcg	40 mcg	30 mcg	30 mcg
Pantothenic Acid	10 mg	10 mg	10 mg	10 mg	10 mg	7.5 mg	10 mg	5 mg	6 mg
Vitamin K1		25 mcg	25 mcg	25 mcg		30 mcg			
Minerals									
Calcium	175 mg	200 mg	200 mg	200 mg	400 mg	162 mg	162 mg	250 mg	250 mg
Phosphorus	125 mg			125 mg		125 mg	125 mg		
Iodine	0.15 mg	0.15 mg	0.15 mg	0.15 mg	0.15 mg	0.1 mg	0.15 mg	0.15 mg	220 mcg
Iron	10 mg	10 mg	4 mg	4 mg	4 mg	5 mg	8 mg	5 mg	27 mg
Magnesium	50 mg	50 mg	50 mg	50 mg	100 mg	100 mg	50 mg	50 mg	50 mg
Copper	1 mg	1 mg	1 mg		1 mg	1 mg	1.4 mg		1 mg
Chlorine							72 mg		
Manganese		5 mg	5 mg	5 mg	5 mg	2 mg	4 mg		2 mg
Potassium		80 mg	80 mg		40 mg	40 mg	80 mg		
Chromium		35 mcg	100 mcg	100 mcg	100 mcg	40 mcg	25 mcg		30 mcg
Molybdenum		45 mcg	45 mcg	45 mcg	45 mcg		50 mcg		50 mcg
Selenium		55 mcg	55 mcg	55 mcg	70 mcg	30 mcg	55 mcg		30 mcg
Zinc		7.5 mg	7.5 mg	3 mg	7.5 mg	5 mg	10 mg	3 mg	7.5 mg
Nickel							5 mcg		
Tin							10 mcg		
Vanadium							10 mcg		
Silicon							10 mcg		
Other Ingredients									
Lutein	250 mcg	500 mcg	500 mcg	500 mcg	2 mg				
Ginseng Root (Panax Ginseng) standardized extract		600 mcg	600 mcg	600 mcg	2 mg		50 mg		
Lycopene									
Phytosterols						1000 mg			

Non-Medicinal Ingredients: **Centrum:** Corn starch, crospovidone, FD&C Yellow No. 6, gelatin, hydrogenated soybean oil, hypromellose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, mineral oil light, modified food starch, polysorbate 80, silicon dioxide, sodium lauryl sulfate, stearic acid, sucrose, titanium dioxide, triethyl citrate. **Centrum Forte/Centrum Select:** Acacia gum, ascorbyl palmitate, BHT, citric acid, corn starch, croscarmellose sodium, crospovidone, dibasic calcium phosphate, FD&C yellow No. 6, gelatin, hydrogenated soybean oil, hypromellose, lactose monohydrate, magnesium stearate, methylcellulose, microcrystalline cellulose, mineral oil light, modified food starch, polysorbate 80, silicon dioxide, sodium alumino-silicate, sodium ascorbate, sodium benzoate, sodium citrate, sodium lauryl sulfate, sorbic acid, stearic acid, sucrose, titanium dioxide, triethyl citrate. **Centrum Select Chewables:** Acacia gum, ascorbyl palmitate, aspartame (phenylalanine), BHT, citric acid, corn starch, crospovidone, dibasic calcium phosphate, flavour, gelatin, hydrogenated soybean oil, lactose monohydrate, magnesium stearate, maltodextrin, mannitol, microcrystalline cellulose, modified food starch, mono and diglycerides, ponceau 4R, silicon dioxide, sodium alumino silicate, sodium ascorbate, sodium benzoate, sodium citrate, sorbic acid, sorbitol, stearic acid, sucrose. **Centrum Advantage:** Ascorbyl palmitate, citric acid, corn starch, croscarmellose sodium, crospovidone, D&C yellow No. 10, dibasic calcium phosphate, FD&C blue No. 1, FD&C yellow No. 6, gelatin, hydrogenated soybean oil, hypromellose, lactose monohydrate, magnesium stearate, methylcellulose, microcrystalline cellulose, mineral oil light, polysorbate 80, silicon dioxide, sodium benzoate, sodium citrate, sodium lauryl sulfate, sorbic acid, stearic acid, sucrose, titanium dioxide, triethyl citrate. **Centrum Cardio:**Acacia gum, BHT, calcium stearate, citric acid, corn starch, croscarmellose sodium, gelatin, glucose, magnesium stearate, maltodextrin, medium chain triglycerides, microcrystalline cellulose, modified food starch, silicon dioxide, sodium citrate, sucrose, titanium dioxide. **Centrum Performance:** Corn starch, corn syrup, crospovidone, FD&C red No. 40, FD&C yellow No. 6, gelatin, ginseng root, hydrogenated soybean oil, hypromellose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, mineral oil light, polysorbate 80, silicon dioxide, sodium lauryl sulfate, stearic acid, sucrose, titanium dioxide, triethyl citrate. **Centrum Junior Complete:** Ascorbyl palmitate, BHT, carboxymethylcellulose sodium, citric acid, corn starch, dibasic calcium phosphate, flavours, gelatin, hydrogenated soybean oil, lactose monohydrate, magnesium stearate, maltodextrin, microcrystalline cellulose, modified food starch, mono and diglycerides, polydextrose, silicon dioxide, sodium alumino-silicate, sodium ascorbate, sodium benzoate, sodium citrate, sorbic acid, stearic acid, sucrose, xylitol. **Centrum Materna:** Ascorbyl palmitate, BHT, calcium phosphate, citric acid, corn starch, crospovidone, FD&C red No. 40, gelatin, hypromellose, lactose, magnesium stearate, methylcellulose, microcrystalline cellulose, mineral oil, modified food starch, polysorbate 80, silicon dioxide, sodium alumino-silicate, sodium ascorbate, sodium benzoate, sodium citrate, sodium lauryl sulfate, sorbic acid, soybean oil, stearic acid, sucrose, titanium dioxide, triethyl citrate.

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



Caltrate® and Stresstabs® Reference Chart

Bone Health Supplements

www.caltrate.ca

	 Caltrate® Adults who do not require extra vitamin D Good source of calcium	 Caltrate® with Vit D Adults who require calcium for bone health and some vitamin D to aid calcium absorption	 Caltrate® Soft Chews Adults and Children 6+ who have difficulty swallowing tablets Suitable for diabetics	 Caltrate Select® Adults seeking more vitamin D Ideal for pre and post menopausal women	 Caltrate PLUS® Adults who require additional vitamins and minerals in a bone fortifying formula and who are seeking more vitamin D	 Caltrate PLUS® Chewables Adults who require additional vitamins and minerals in a bone fortifying formula and are seeking more vitamin D and who have difficulty swallowing tablets
	1500 mg (600 mg)		1500 mg (600 mg)			
Vitamins and Minerals Calcium carbonate (elemental calcium)						
Vitamin D3					10 mcg/400 IU	10 mcg/400 IU
Vitamin K1					20 mcg	20 mcg
Magnesium					50 mg	50 mg
Zinc					7.5 mg	7.5 mg
Copper					1 mg	1 mg
Manganese					1.8 mg	1.8 mg

Stresstabs®

B-Complex Vitamins

	 Stresstabs® for WOMEN For Women	 Stresstabs® for MEN For Men	 Stresstabs® Z-BEC® Specially formulated to support metabolism or improve immune function
	0.4 mg		0.5 mg
Vitamins			
Folate	15 mg	15 mg	30 mg
Vitamin B1	15 mg	15 mg	10 mg
Vitamin B2	20 mg	20 mg	20 mg
Niacinamide	10 mg	10 mg	10 mg
Vitamin B6	25 mcg	25 mcg	25 mcg
Vitamin B12	30 mcg	30 mcg	
Biotin	20 mg	20 mg	25 mg
Pantothenic Acid	500 mg	500 mg	600 mg
Vitamin C	13.5 mg/30 IU	13.5 mg/30 IU	20.3 mg/45 IU
Vitamin E			
Minerals and Other Ingredients			
Copper		1 mg	3 mg
Zinc		7.5 mg	23.9 mg
Selenium		70 mcg	
Iron	18 mg		
Lycopene		1 mg	

Non-Medicinal Ingredients:

Caltrate: Corn starch, croscarmellose sodium, hypromellose, magnesium stearate, polysorbate 80, titanium dioxide, triacetin. **Caltrate with Vitamin D:** Acacia, alpha tocopherol, corn starch, croscarmellose sodium, FD&C yellow No. 6, hypromellose, magnesium stearate, medium chain triglycerides, polysorbate 80, sucrose, titanium dioxide, triacetin, tricalcium phosphate. **Caltrate with Vitamin D - Chocolate Soft Chews:** Cocoa, corn starch, corn syrup, glycerin, hydrogenated coconut oil, lecithin (soy), medium chain triglycerides, modified corn starch, natural and artificial flavours, propylene glycol, salt, skim milk, sucrose. **Vanilla Soft Chews:** Corn starch, corn syrup, dextrose, glycerin, hydrogenated coconut oil, lecithin (soy), medium chain triglycerides, modified corn starch, natural and artificial flavours, propylene glycol, salt, skim milk, sucrose. **Caramel Soft Chews:** Caramel colour, corn starch, corn syrup, glycerin, hydrogenated coconut oil, lecithin (soy), medium chain triglycerides, modified corn starch, natural and artificial flavours, propylene glycol, salt, skim milk, sucrose. **Caltrate Select:** Croscarmellose sodium, FD&C blue No. 2, FD&C red No. 40, FD&C yellow No. 6, maltodextrin, medium chain triglycerides, modified food starch, polyethylene glycol, polyvinyl alcohol, sucrose, talc, titanium dioxide. **Caltrate PLUS:** Acacia gum, corn starch, croscarmellose sodium, FD&C blue No. 1, FD&C red No. 40, FD&C yellow No. 6, glucose, hypromellose, magnesium stearate, medium chain triglycerides, microcrystalline cellulose, modified food starch, polysorbate 80, silicon dioxide, sodium ascorbate, sucrose, titanium dioxide, triacetin, tricalcium phosphate, vitamin E. **Caltrate PLUS Chewables:** Acacia gum, aspartame (phenylalanine), corn starch, crospovidone, FD&C blue No. 2, FD&C red No. 40, magnesium stearate, mannitol, medium chain triglycerides, modified food starch, natural and artificial flavour, palm oil, silicon dioxide, sodium ascorbate, sorbitol, stearic acid, sucrose, vitamin E. **Stresstabs For Women:** Calcium carbonate, citric acid, corn starch, dibasic calcium phosphate, FD&C red No. 40, FD&C yellow No. 6, hypromellose, lactose monohydrate, magnesium stearate, maltodextrin, methylcellulose, microcrystalline cellulose, mineral oil light, pregelatinized starch, silicon dioxide, sodium ascorbate, sodium benzoate, sodium citrate, sodium lauryl sulfate, sorbic acid, stearic acid, sucrose, titanium dioxide. **Stresstabs Z-BEC:** Calcium carbonate, citric acid, corn starch, FD&C blue No. 1, flavour, hydroxypropyl cellulose, hypromellose, lactose monohydrate, magnesium stearate, maltodextrin, methylcellulose, microcrystalline cellulose, polysorbate, propylene glycol, silicon dioxide, sodium benzoate, sodium citrate, sorbic acid, stearic acid, titanium dioxide.

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