

It is recommended that you take



Centrum Advantage®

- Specially formulated to help prevent certain chronic illnesses
- Contains lycopene (2 mg), lutein (2 mg), vitamin C (250 mg), vitamin D (800 IU), B12 (100 mcg) and selenium (70 mcg)
- Two tablets per day
- Approximately 45¢ per day



Centrum Select®

- Specially formulated for **adults over 50**. Helps maintain cardiovascular and eye health
- Contains lycopene (600 mcg), lutein (500 mcg), vitamin D (600 IU), vitamin K (25 mcg), extra vitamin E and calcium
- Lower level of iron
- Also available in chewables
- Approximately 20¢ (25¢ for chewables) per day



Centrum Forte®

- Complete vitamin and mineral support. Ideal for most **adults to age 49**
- Contains lycopene (600 mcg), lutein (500 mcg), vitamin D (600 IU), vitamin K (25 mcg)
- Approximately 20¢ per day



Centrum Protegra®

- Specially formulated with increased antioxidants. Ideal for **adults 18-44**
- More vitamin E (200 IU) and vitamin C (250 mg)
- Two tablets per day
- Approximately 35¢ per day



Centrum Performance®

- For energy and vitality
- Higher levels of B vitamins
- Addition of Ginseng for increased energy
- Approximately 30¢ per day

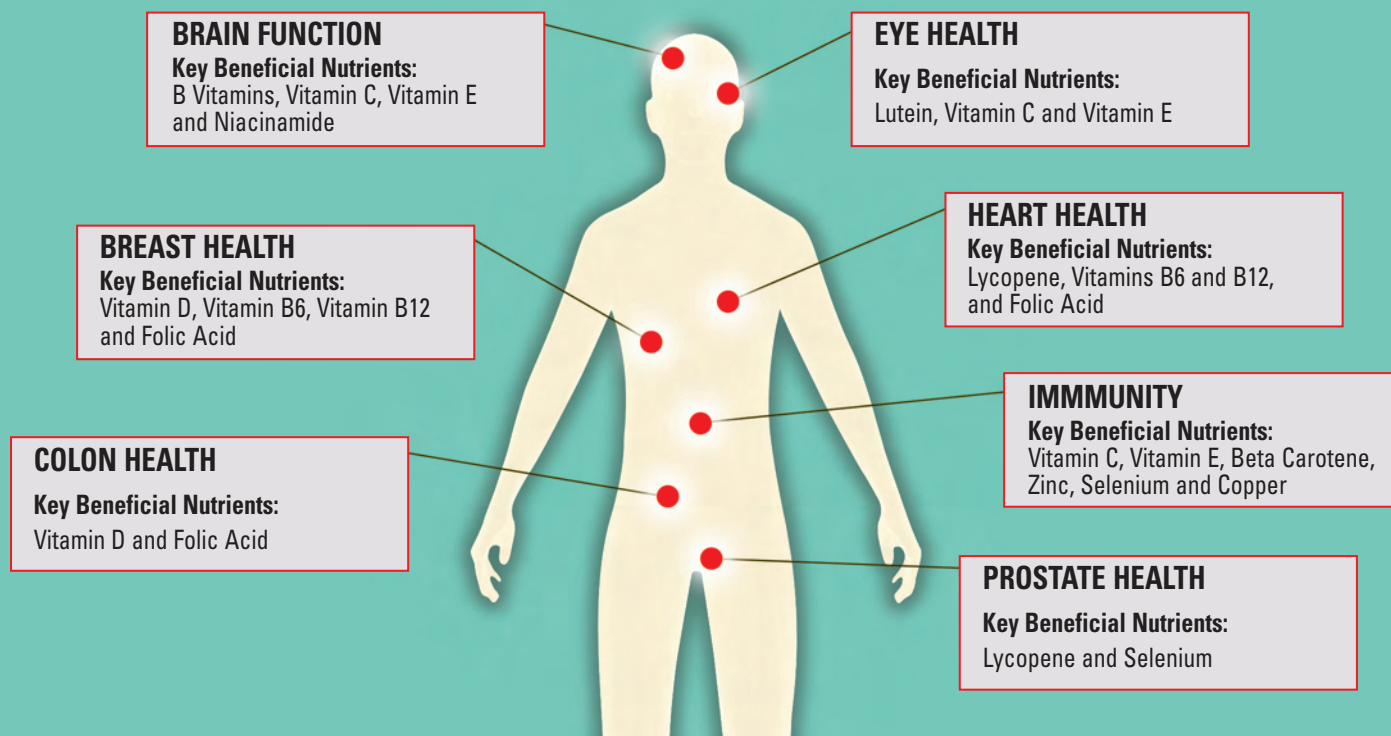


Centrum® Materna®

- Formulated for prenatal and postpartum use.
- Helps prevent neural tube defects when taken daily prior to becoming pregnant and during early pregnancy.
- Folic acid (1 mg)
- Iron (27 mg)
- Approximately 20¢ per day

Centrum offers inexpensive nutritional insurance for a variety of lifestyles. No Centrum products contain gluten, parabens, peanut oil or tartrazine (FD&C Yellow No.5).

How does your body benefit from each nutrient?



So how much do you need to help prevent chronic disease?

Condition/Key Nutrient	Dietary Sources	Amount Provided by the Average Diet ^{1,2}	Beneficial Level ³	Upper Level ⁴
EYE HEALTH Age-Related Macular Degeneration (AMD) Lutein	Kale, Spinach, Broccoli	1.4 mg	2 – 11 mg	N/E
Cataracts Vitamin C Vitamin E	Citrus Fruits, Red & Yellow Peppers, Leafy Vegetables Wheat Germ, Peanuts, Almonds	117 mg 22* IU	250 - 1,000 mg 50 - 400 IU	2,000 mg 1,500 IU
BREAST HEALTH Vitamin D Folic Acid Vitamin B12	Fortified Milk, Eggs, Fish Green Leafy Vegetables, Legumes, Asparagus Meat, Fish, Poultry, Eggs	200 IU 0.2 mg 4.7 mcg	1,000 - 1,500 IU > 0.5 mg 25 - 1,000 mcg	2,000 IU 1.0 mg N/E
PROSTATE HEALTH Lycopene Selenium	Tomatoes and Tomato-Based Foods, Watermelon, Pink Grapefruit Organ Meats, Seafood, Poultry	6.4 mg 114 mcg	6 - 12 mg 100 - 200 mcg	N/E 400 mcg
COLON HEALTH Vitamin D Folic Acid	Fortified Milk, Eggs, Fish Green Leafy Vegetables, Legumes, Asparagus	200 IU 0.2 mg	1,000 - 1,500 IU > 0.5 mg	2,000 IU 1.0 mg
CARDIOVASCULAR HEALTH Lycopene Folic Acid Vitamin B6 Vitamin B12	Tomatoes and Tomato-Based Foods, Watermelon, Pink Grapefruit Green Leafy Vegetables, Legumes, Asparagus Meat, Fish, Poultry, Eggs, Legumes Meat, Fish, Poultry, Eggs	6.4 mg 0.2 mg 1.8 mg 4.7 mcg	6-12 mg 0.8 mg 5-25 mg 25 - 1,000 mcg	N/E 1.0 mg 100 mg N/E

* extrapolated from US data N/E = Not established

1 Dolega-Cieszkowski JH, et al. Dietary intakes of Canadians in the 1990's using population-weighted data derived from the provincial nutrition surveys. Appl Physiol Nutr Metab. 2006; 31: 753-758.

2 Johnson-Down L, et al. Food habits of Canadians: Lutein and lycopene intake in the Canadian population. J Am Diet Assoc. 2002;102:988-991.

3 Data was averaged from several studies. For complete information please see www.centrum.ca

4 The tolerable Upper Level (UL) is the highest average daily nutrient intake level that is likely to pose no risk of adverse health effects in almost all individuals in the general population (Source: January 2003 WRR, available at www.centrum.ca)

For more information visit www.centrum.ca