



**Multivitamin  
/Mineral Supplement**

www.centrum.ca  
www.materna.ca

# Centrum® Reference Chart



	ADULT							CHILDREN		PRENATAL
	Daily dose							Daily dose	Daily dose	
<b>Vitamins</b>										
<b>Vitamin A</b>	300 mcg/1000 IU	300 mcg/1000 IU	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
<b>Beta-Carotene</b>	1800 mcg/3000 IU	1800 mcg/3000 IU	1800 mcg/3000 IU	900 mcg/1500 IU	600 mcg/1000 IU	1200 mcg/2000 IU	1800 mcg/3000 IU	1200 mcg/2000 IU	1200 mcg/2000 IU	1500 mcg/2500 IU
<b>Vitamin E</b>	11.25 mg/25 IU	22.5 mg/50 IU	34 mg/75 IU	18 mg/40 IU	12.6 mg/28 IU	27 mg/60 IU	90 mg/200 IU	10.6 mg/23.5 IU	4.5 mg/10 IU	13.5 mg/30 IU
<b>Vitamin C</b>	90 mg	90 mg	90 mg	180 mg	150 mg	120 mg	250 mg	120 mg	75 mg	85 mg
<b>Folate</b>	0.4 mg	0.6 mg	0.6 mg*	0.4 mg	0.4 mg	0.6 mg	0.6 mg	0.4 mg	0.1 mg	1 mg
<b>Vitamin B1</b>	2.25 mg	2.25 mg	2.25 mg	4.2 mg	3.85 mg	4.5 mg	2.5 mg	1.4 mg	1 mg	1.4 mg
<b>Vitamin B2</b>	3.2 mg	3.2 mg	3.2 mg	4.6 mg	3.85 mg	5.1 mg	5 mg	1.75 mg	1 mg	1.4 mg
<b>Niacinamide</b>	15 mg	15 mg	15 mg	16 mg	14 mg	15 mg	15 mg	20 mg	10 mg	18 mg
<b>Vitamin B6</b>	3 mg	5 mg	8 mg	5.5 mg	5 mg	6 mg	5 mg	4 mg	1 mg	1.9 mg
<b>Vitamin B12</b>	14 mcg	20 mcg	25 mcg	21.6 mcg	21.6 mcg	20 mcg	100 mcg	3 mcg	2 mcg	2.6 mcg
<b>Vitamin D3</b>	10 mcg/400 IU	15 mcg/600 IU	15 mcg/600 IU	20 mcg/800 IU	20 mcg/800 IU	10 mcg/400 IU	20 mcg/800 IU	5 mcg/200 IU	10 mcg/400 IU	10 mcg/400 IU
<b>Biotin</b>	45 mcg	45 mcg	45 mcg	54 mcg	45 mcg	40 mcg	45 mcg	62.5 mcg	30 mcg	30 mcg
<b>Pantothenic Acid</b>	10 mg	10 mg	10 mg	12.5 mg	11 mg	10 mg	10 mg	7.5 mg	5 mg	6 mg
<b>Vitamin K1</b>		25 mcg	25 mcg	25 mcg	20 mcg			30 mcg		
<b>Minerals</b>										
<b>Calcium</b>	175 mg	200 mg	200 mg	300 mg	400 mg	162 mg	400 mg	162 mg	250 mg	250 mg
<b>Phosphorus</b>	125 mg		*			125 mg		125 mg		
<b>Iodine</b>	0.15 mg	0.15 mg	0.15 mg	0.15 mg	0.15 mg	0.15 mg	0.15 mg	0.1 mg	0.15 mg	220 mcg
<b>Iron</b>	10 mg	10 mg	4 mg	6 mg	7.5 mg	8 mg	4 mg	5 mg	5 mg	27 mg
<b>Magnesium</b>	50 mg	50 mg	50 mg	84 mg	64 mg	50 mg	100 mg	100 mg	50 mg	50 mg
<b>Copper</b>	1 mg	1 mg	1 mg*	0.9 mg	0.9 mg	1.4 mg	1 mg	1 mg		1 mg
<b>Chlorine</b>						72 mg				
<b>Manganese</b>		5 mg	5 mg	5.5 mg	5 mg	4 mg	5 mg	2 mg		2 mg
<b>Potassium</b>		80 mg	80 mg*			80 mg	40 mg	40 mg		
<b>Chromium</b>		35 mcg	100 mcg	35 mcg	25 mcg	25 mcg	100 mcg	40 mcg		30 mcg
<b>Molybdenum</b>		45 mcg	45 mcg			50 mcg	45 mcg			50 mcg
<b>Selenium</b>		55 mcg	55 mcg	55 mcg	55 mcg	55 mcg	70 mcg	30 mcg		30 mcg
<b>Zinc</b>		7.5 mg	7.5 mg*	11 mg	8 mg	10 mg	7.5 mg	5 mg	3 mg	7.5 mg
<b>Nickel</b>						5 mcg				
<b>Tin</b>						10 mcg				
<b>Vanadium</b>						10 mcg				
<b>Silicon</b>						10 mcg				
<b>Other Ingredients</b>										
<b>Lutein</b>	250 mcg	500 mcg	500 mcg	1000 mcg	1000 mcg		2 mg			
<b>Ginseng Root (Panax Ginseng) standardized extract</b>		600 mcg	600 mcg	600 mcg	600 mcg	50 mg	2 mg			
<b>Lycopene</b>								1000 mg		
<b>Phytosterols</b>										

**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 aluminosilicate, 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 aluminosilicate, sodium ascorbate, sodium benzoate, sodium citrate, sorbic acid, sorbitol, stearic acid, sucrose. Centrum for Women: Corn starch, crospovidone, FD&C Blue No. 2, FD&C Red No. 40, gelatin, glucose syrup, hypromellose, lactose monohydrate, lecithin (soy), magnesium stearate, maltodextrin, medium chain triglycerides, microcrystalline cellulose, modified food starch, polyethylene glycol, polyvinyl alcohol, silicon dioxide, sucrose, talc, titanium dioxide. Centrum for Men: Corn starch, crospovidone, FD&C Blue No. 2, FD&C Red No. 40, FD&C Yellow No. 6, gelatin, glucose syrup, hypromellose, lactose monohydrate, lecithin (soy), magnesium stearate, maltodextrin, medium chain triglycerides, microcrystalline cellulose, modified food starch, polyethylene glycol, polyvinyl alcohol, silicon dioxide, sucrose, talc, 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 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, modified food starch, polysorbate 80, silicon dioxide, sodium aluminosilicate, sodium ascorbate, 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 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 aluminosilicate, sodium ascorbate, sodium benzoate, sodium citrate, sorbic acid, stearic acid, sucrose, xylitol. Centrum Materna: Ascorbyl palmitate, BHT, calcium phosphate, citric acid, corn starch, crospovidone, lactose, magnesium stearate, methylcellulose, microcrystalline cellulose, mineral oil, modified food starch, polysorbate 80, silicon dioxide, sodium aluminosilicate, sodium ascorbate, sodium benzoate, sodium citrate, sodium lauryl sulfate, sorbic acid, soybean oil, stearic acid, sucrose, titanium dioxide, triethyl citrate.

\* Centrum Select Chewables contain the same levels of active ingredients as Centrum Select tablets with the following exceptions: 0.4 mg folate, 125 mg phosphorus, 0 mg copper, 0 mg potassium, and 3 mg zinc.

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

	 <b>Caltrate®</b> Adults who do not require extra vitamin D Good source of calcium	 <b>Caltrate® with Vit D</b> Adults who require calcium for bone health and some vitamin D to aid calcium absorption	 <b>Caltrate® Soft Chews</b> Adults and Children 6+ who have difficulty swallowing tablets Suitable for diabetics	 <b>Caltrate Select®</b> Adults seeking more vitamin D Ideal for pre and post menopausal women	 <b>Caltrate PLUS®</b> Adults who require additional vitamins and minerals in a bone fortifying formula and who are seeking more vitamin D	 <b>Caltrate PLUS® Chewables</b> Adults who require additional vitamins and minerals in a bone fortifying formula and are seeking more vitamin D and who have difficulty swallowing tablets
<b>Vitamins and Minerals</b> Calcium carbonate (elemental calcium) Vitamin D3 Vitamin K1 Magnesium Zinc Copper Manganese	 1500 mg (600 mg)	 1500 mg (600 mg) 5 mcg/200 IU	 1500 mg (600 mg) 10 mcg/400 IU	 1500 mg (600 mg) 10 mcg/400 IU	 1500 mg (600 mg) 10 mcg/400 IU 20 mcg 50 mg 7.5 mg 1 mg 1.8 mg	 1500 mg (600 mg) 10 mcg/400 IU 20 mcg 50 mg 7.5 mg 1 mg 1.8 mg

## Stresstabs®

### B-Complex Vitamins

	 <b>Stresstabs® for WOMEN</b>	 <b>Stresstabs® for MEN</b>	 <b>Stresstabs® Z-BEC®</b> Specially formulated to support metabolism or improve immune function
<b>Vitamins</b> Folate Vitamin B1 Vitamin B2 Niacinamide Vitamin B6 Vitamin B12 Biotin Pantothenic Acid Vitamin C Vitamin E	 0.4 mg 15 mg 15 mg 20 mg 10 mg 25 mcg 30 mcg 20 mg 500 mg 13.5 mg/30 IU	 0.4 mg 15 mg 15 mg 20 mg 10 mg 25 mcg 30 mcg 20 mg 500 mg 13.5 mg/30 IU	 0.5 mg 30 mg 10 mg 20 mg 10 mg 25 mcg 25 mg 600 mg 20.3 mg/45 IU
<b>Minerals and Other Ingredients</b> Copper Zinc Selenium Iron Lycopene	18 mg	1 mg 7.5 mg 70 mcg	3 mg 23.9 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, modified food starch, silicon dioxide, sodium benzoate, sodium citrate, sodium lauryl sulfate, sorbic acid, stearic acid, titanium dioxide. **Stresstabs For Men:** Ascorbyl palmitate, calcium carbonate, citric acid, corn starch, dibasic calcium phosphate, FD&C yellow No. 6, food starch modified, gelatin, 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).

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