



Centrum Performance

Uses

Dosage

Over 16 years: 1 tablet daily with water, preferably with food.

Format and Ingredients

Capsule shaped tablet containing:

Vitamin A 800µg 100, Vitamin D 5µg 100, Vitamin E 26.8mg 223, Vitamin C 120mg 150, Vitamin B1 (thiamin) 4.2mg 382, Vitamin B2 (riboflavin) 4.8mg 343, Vitamin B12 18µg 720, Niacin 36mg 225, Vitamin B6 6mg 429, Folic Acid 400µg 200, Biotin 40µg 80, Pantothenic acid 10mg 167, Vitamin K 25µg 33, Iron 14mg 100, Zinc 7.5mg 75, Iodine 150µg 100, Copper 700µg 70, Manganese 4mg 200, Chromium 120µg 300, Molybdenum 75µg 150, Selenium 70µg 127, Ginkgo biloba extract 60mg, Ginseng Extract 50mg,