

eTable 1. Vitamins and minerals contained in the Centrum Silver formulation used in the Physicians' Health Study II trial.

Vitamin or mineral	Amount
Vitamin A (IU)	5000*
Vitamin C (mg)	60
Vitamin D (IU)	400
Vitamin E (IU)	45
Vitamin K (µg)	10
Thiamin (mg)	1.5
Riboflavin (mg)	1.7
Niacin (mg)	20
Vitamin B6 (mg)	3
Folic Acid (µg)	400
Vitamin B12 (µg)	25
Biotin (µg)	30
Pantothenic Acid (mg)	10
Calcium (mg)	200
Iron (mg)	4
Phosphorus (mg)	48
Iodine (µg)	150
Magnesium (mg)	100
Zinc (mg)	15
Selenium (µg)	20
Copper (mg)	2
Manganese (mg)	3.5
Chromium (µg)	130
Molybdenum (µg)	160
Chloride (mg)	72.6
Potassium (mg)	80
Boron (µg)	150
Nickel (µg)	5
Vanadium (µg)	10
Silicon (mg)	2

* 50% as beta-carotene