

Supplementary Tables

e-Table 2

Supplementary-Table 2. Composition of Study Medication (Centrum)		
Substance	Amount	DV (%)
Vitamin A	5000 IU	100
Vitamin E	30 IU	100
Vitamin C	60 mg	100
Folic acid	400 µg	100
Vitamin B1	1.5 mg	100
Vitamin B2	1.7 mg	100
Niacinamide	20 mg	100
Vitamin B6	2 mg	100
Vitamin B12	6 µg	100
Vitamin D	400 IU	100
Biotin	30 µg	10
Pantothenic acid	10 mg	100
Calcium	162 mg	16
Phosphorus	125 mg	13
Iodine	150 µg	100
Iron	18 mg	100
Magnesium	100 mg	25
Copper	2 mg	100
Zinc	15 mg	100
Manganese	2.5 mg	125
Selenium	25 µg	35
Chromium	25 µg	21
Vitamin K	25 µg	31
Molybdenum	25 µg	33
Chloride	36.3 mg	1
Potassium	40 mg	1

DV = daily value (based on the U.S. reference daily intake [RDI] levels as established by the Food and Drug Administration).

The tablet also contains trace amounts of substances for which no U.S. RDI (or DV) doses have been established: nickel, tin, silicon, vanadium, and boron.