

All Centrum Products

Canada's #1 Multivitamin.



All Products



Centrum



Gummies & Chews



Centrum for Kids



Centrum Prenatal

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- 4 - 13 (2)
- 14 - 18 (2)
- 19 - 49 (13)
- 50+ (11)

Health Interests

- Immune Function (17)
- Bone Health (10)
- Eye Health (8)
- Muscle Function (5)
- Metabolism (10)
- Healthy Skin (5)
- Antioxidants (7)
- Dental Health (4)
- Physical Performance (1)
- Heart Health (1)
- Lower Cholesterol (1)
- Helps Prevent Osteoporosis (1)

Other Considerations

All Products

Products: 19



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- Heart Health (1)
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Refine Your Search:

Gender

- Male (14)
- Female (17)

Age

- 4 - 13 (2)
- 14 - 18 (2)
- 19 - 49 (13)
- 50+ (11)

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- Dental Health (4)
- Physical Performance (1)
- Heart Health (1)
- Lower Cholesterol (1)
- Helps Prevent Osteoporosis (1)

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Refine Your Search:

Gender

- Male (14)
 Female (17)

Age

- 4 - 13 (2)
 14 - 18 (2)
 19 - 49 (13)
 50+ (11)

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 Heart Health (1)
 Lower Cholesterol (1)
 Helps Prevent Osteoporosis (1)

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All Centrum Products

Products: 19



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Fertility Calculator

Find out when you're most likely to get pregnant.

[Prenatal Nutrition](#) > [Fertility Calculator](#)

What was the first day of your last period?

What is your average cycle length?

TIP: To calculate your menstrual cycle length, count the number of days from the first day of your cycle (Day 1 of your menstrual period) to the day before your next period starts. The average menstrual cycle is 28 days, although for many women the length varies.

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This Fertility Calculator is for educational purposes only. For questions and more specific advice, contact your health care provider.

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Find the right Centrum for you and your family.

Do you have any special considerations?

Select all that apply or [skip this step](#) >

Pregnant, trying to get pregnant or breastfeeding



Trouble swallowing tablets



Gluten-free



Lactose-free



Gelatin-free



Don't eat much meat



[CONTINUE](#) >

[< BACK](#)



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Find the right Centrum for you and your family.

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FEMALE

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[Contact Us](#)

[About Centrum](#)

Tools:

[Find Your Centrum](#)

[Fertility Calculator](#)

[Sitemap](#)

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[↑
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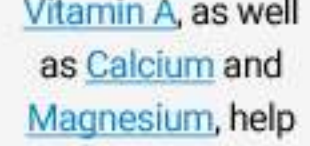



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Find Your Centrum

Find the right Centrum for you and your family.

Do you have any specific health interests?

Select all that apply or [skip this step](#) >

 <p>IMMUNE FUNCTION*</p>	 <p>EYE HEALTH*</p>	 <p>Vitamin A, as well as Calcium and Magnesium, help keep teeth strong.*</p>	 <p>BONE HEALTH*</p>	 <p>HEALTHY SKIN*</p>
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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[< BACK](#)



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[About Centrum](#)

Tools:

[Find Your Centrum](#)

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[Sitemap](#)

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Find the right Centrum for you and your family.

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Based on your answers, we recommend the following products:



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[Centrum Women](#)



[Centrum MultiGummies Women](#)

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[About Centrum](#)

Tools:

[Find Your Centrum](#)

[Fertility Calculator](#)

[Sitemap](#)

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[↑
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- 4 – 13 (2)
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Prenatal Nutrition

Proper nutrition before, during, and after pregnancy is essential to a healthy baby's growth and development.

Centrum Supports You Every Step of the Way

See how the science of Centrum supports you and your baby before, during, and after pregnancy.

Start with Centrum



Pre-Pregnancy

Before you get pregnant, it is important to take small steps to be in your best possible health. That's because the choices you make now will impact your baby's development. [Continue reading...](#)

Early Pregnancy

Just found out you're pregnant? Congrats! During your first trimester, you will begin to experience changes to your body. [Continue reading...](#)



Pregnancy

Ensuring optimal nutrition during pregnancy is one of the best gifts you can give your baby—and yourself.

Your baby will take the vitamins and minerals he or she needs to develop from your body, which could leave you at risk of developing nutritional gaps.

To support adequate vitamin and mineral levels, it is important to eat a balanced diet. However, your diet alone cannot give you high enough levels of some nutrients. Two nutrients you will need to supplement are [Folic Acid](#) and [Iron](#). Your daily prenatal multivitamin needs to have at least 0.4 milligrams (mg) of [Folic Acid](#) and 16-20 mg of [Iron](#) ([Health Canada's Prenatal Nutrition Guidelines](#)).

When you are pregnant, you will also need more Omega 3 fatty acids in your diet. [Omega 3](#) fatty acids, including EPA and DHA, are important not just for the maintenance of good health, but they also help support cognitive health and brain function.



After Childbirth & Breastfeeding


After you give birth, it is natural for you to focus all your attention on your newborn baby. But it is important to also look after you, especially by maintaining a healthy diet. [Continue reading...](#)



As the Baby Grows

As your baby grows into a toddler and beyond, it is important to keep your energy up so you can be there for every tumble, victory, and milestone. [Continue reading...](#)

Continued Support



Find out when you're likely to get pregnant!

What was the first day of your last period?

Month Day Year

What is your average cycle length?

Days

TIP: To calculate your menstrual cycle length, count the number of days from the first day of your cycle (Day 1 of your menstrual period) to the day before your next period starts. The average menstrual cycle is 28 days, although for many women the length varies.

*Home pregnancy tests are most accurate when used on the day that your next period is due. Some brands of home pregnancy tests available in Canada are able to detect a potential positive pregnancy up to 5 days before your period is due. Healthcare experts recommend that a woman consult her practitioner upon obtaining a positive home pregnancy test result.

Key Nutrients for Pre & Post Natal Care

Calcium

Vitamin C

Vitamin D

Folate (Folic Acid)

Iron

Why do I need it?

Your body needs Calcium to develop and maintain bones and teeth (especially in childhood, adolescence and young adulthood). In addition, when Calcium is combined with sufficient Vitamin D, a healthy diet, and regular exercise, it may reduce the risk of developing osteoporosis.

How does it help me when I'm trying to get pregnant, pregnant or breastfeeding?

Calcium and Vitamin D (to aid its absorption) both support the development and maintenance bones and teeth—not only in you but also your baby. It is important that Mom makes sure to get enough so her own bones stay strong and dense, as the baby will take what it needs from your stores. Health Canada recommends 1,000 mg of Calcium and 600 IU of Vitamin D daily for pregnant and breastfeeding mothers.

What foods can I find it in?

- > Milk
- > Cheese
- > Fortified orange juice
- > Fortified soy milk
- > Sardines
- > Dark Green Leafy Vegetables
- > Dried Beans
- > Nuts

Recommended Dietary Allowance (RDA):

Women: 1,000 mg (≤50 years old) 1,200 mg (>50 years old)

Tolerability and Special Considerations:

- > Tolerable Upper Intake Level (UL) is 2,500 mg/day for adults less than 50 years old and 2,000 mg/day for adults 50 and older

Want to know about the science behind Calcium?

Calcium is the most abundant mineral in the body. Almost all of it is stored in your teeth and bones.

Calcium absorption is highest during periods of intense growth, such as childhood and pregnancy, as rapidly growing bones spur demand for the mineral. With the exception of pregnancy, Calcium absorption starts decreasing during adulthood and continues to decrease with age.

In the first few years after menopause, women can begin to experience rapid Calcium loss from their bones. That's because their estrogen production is decreasing, which causes more bone breakdown.

Multivitamins for Each Stage of the Journey

Trying to get pregnant



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Centrum Women 50+

A complete multivitamin specially formulated for women over 50.

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Centrum Women 50+ is formulated with more [Lutein](#), [Vitamin D](#) and [Calcium](#) than [Centrum Select Essentials 50+](#) to address the unique nutritional needs of women over 50.

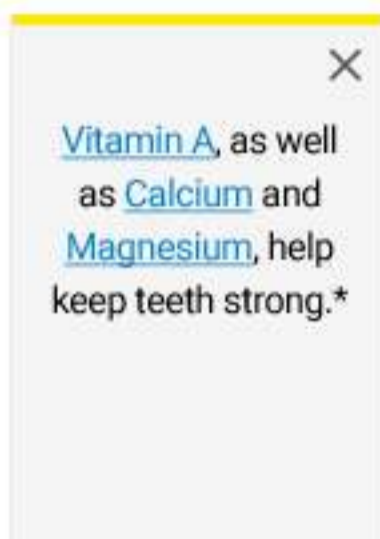
- > Helps maintain bone and dental health, maintain eyesight and healthy skin, and support the immune system
- > Contains more [Lutein](#), [Vitamin D](#), and [Calcium](#) than [Centrum Select Essentials 50+](#)
- > A complete formulation of vitamins and minerals to support good health
- > Lactose free and gluten-free

Dosage

Adults (ars and older): One tablet daily with food. Take a few hours before or after taking other medications.



Formulated to Support



Vitamin A, as well as Calcium and Magnesium, help keep teeth strong.*

Save \$3.00

Save \$3.00 on any Centrum Product

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Nutrient Info

Select a vitamin or mineral to learn more.

Vitamins

Vitamin A	583 IU
Beta-Carotene	2,000 IU
Vitamin E	40 IU
Vitamin C	150 mg
Folate	300 mcg
Vitamin B1	3.85 mg
Vitamin B2	3.85 mg
Niacinamide	14 mg
Vitamin B6	8 mg
Vitamin B12	35 mcg
Vitamin D	800 IU
Biotin	45 mcg
Pantothenic Acid	11 mg
Vitamin K1	20 mcg

Minerals

Calcium	300 mg
Iodine	150 mcg
Iron	6 mg
Magnesium	100 mg
Copper	0.5 mg
Manganese	3 mg
Chromium	100 mcg
Selenium	55 mcg
Zinc	8 mg
Molybdenum	50 mcg

Other Ingredients

Lutein	600 mcg
Lycopene	300 mcg

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Have Questions About Centrum Products?

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Caution

Do not exceed the recommended daily dose. If taking other supplements, read label, as other supplements may contain the same ingredients. In case of accidental overdose, contact a physician or poison control centre immediately. Consult a healthcare practitioner prior to use if you are taking blood thinners. There is enough Iron in this package to seriously harm a child. Keep out of reach of children.

* Helps maintain immune function; helps in the maintenance of bones; helps the body metabolize proteins, fats and carbohydrates; helps to maintain healthy skin.



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Tools:

[Find Your Centrum](#)

[Fertility Calculator](#)

[Sitemap](#)

[FAQ](#)



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