

CENTRIC Observational Study

Centrum improved QoL, cognition, energy & immune health parameters in 614 Indian adults with 3 month use^{1,2}



Study details



614 adults, CENTRIC observational study^{1,2}



Once-daily Centrum for ≥ 3 months^{1,2}

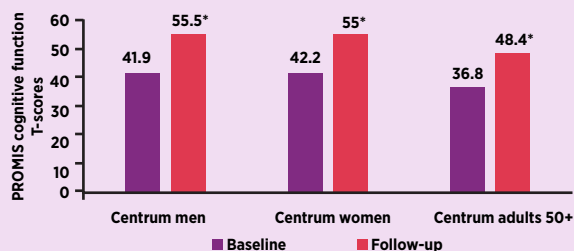


Better QoL, cognition, energy & immune health^{1,2}

Clinical improvements in

1. Significant cognitive improvement ($P < 0.001$)¹

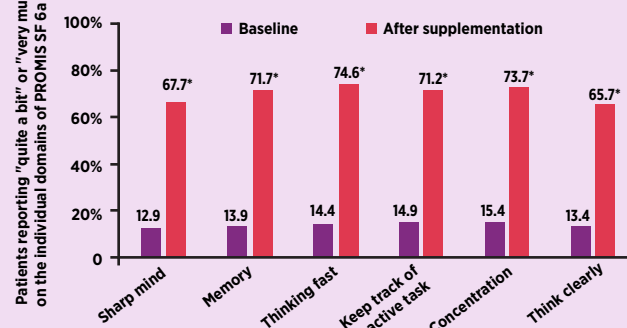
PROMIS Cognitive T-scores increased across all groups



* $P < .001$ for follow-up vs. baseline

Substantial gains across all 6 assessed cognitive domains

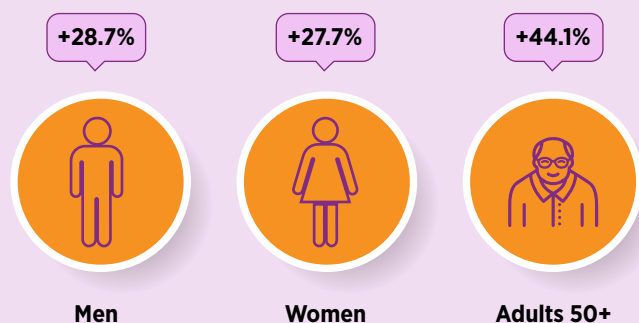
(Sharp mind, memory, clarity of thought, attention, fast thinking, and task tracking)



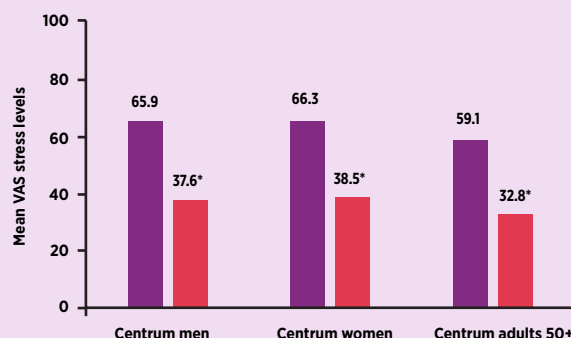
* $P < .001$ for follow-up vs. baseline

2. Marked energy boost & stress reduction¹

Improvement in energy (%)

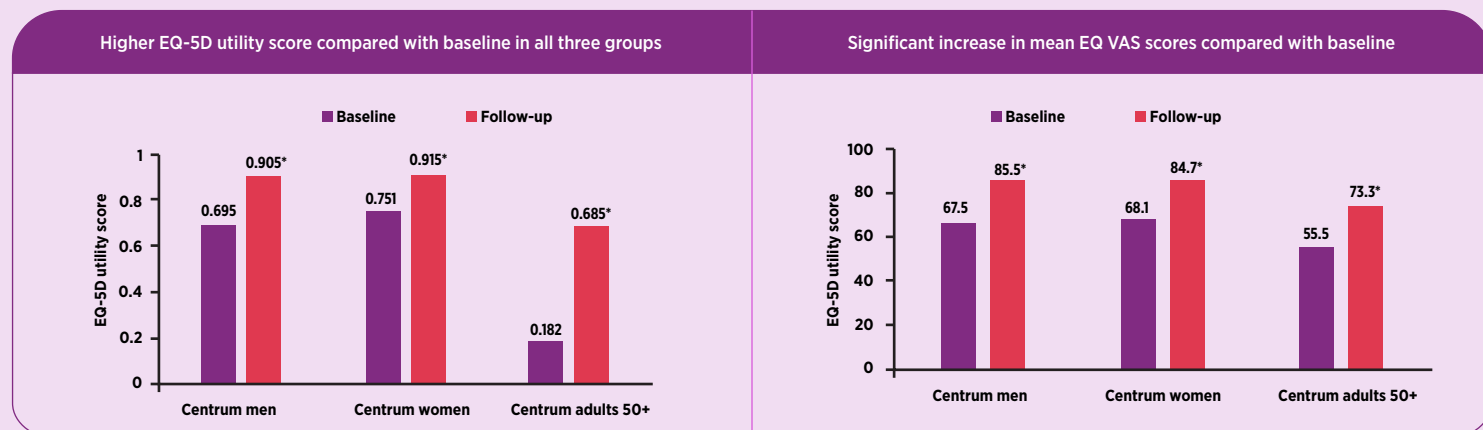


Stress levels significantly reduced across all groups ($P < 0.001$)

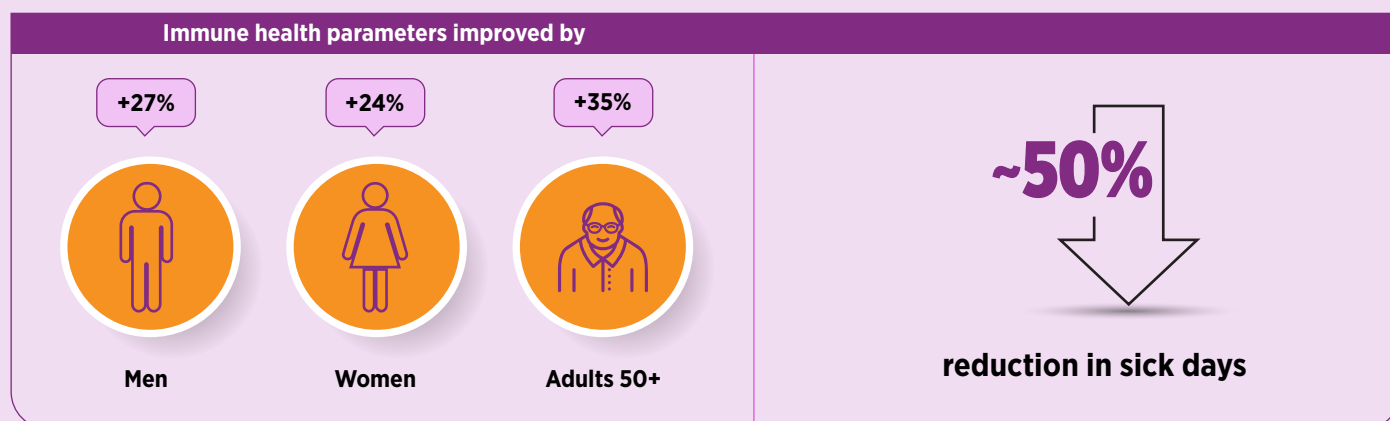


3. Significant QoL improvement²

EQ-5D utility & EQ-VAS scores improved significantly $^*(P < 0.05)$



4. Stronger immune health²



5. Cardiovascular & physical benefits¹

- Significant reduction in heart palpitations and high BP episodes ($P < 0.001$)
- 25% improvement in joint discomfort ($P < 0.001$)

6. Additional benefits¹



Abbreviations: PROMIS: Patient-Reported Outcomes Measurement Information System; BP: Blood pressure; EQ-5D-5L: EuroQoL 5-dimension 5-level scale; EQ-VAS: EuroQoL visual analog scale; QoL: Quality of life.

¹Data on file

References:

1. Shivane V, Sharma A, Bhagat T, *et al.* CENTRIC observational study: effectiveness of Centrum multivitamin supplementation on cognitive function and energy parameters in the Indian population. *Int J Pharm Bio-Med Sci.* 2025;5(9):512-520.

2. Shivane V, Sharma A, Bhagat T, *et al.* CENTRIC observational study: effectiveness of Centrum multivitamin on quality of life and immune health parameters in Indian population. *J Curr Pharma Res.* 2025;21(10).