

## CENTRIC Observational Study

Centrum improved QoL, cognition, energy & immune health parameters in 614 Indian adults with 3 month use<sup>1,2</sup>



### Study details



614 adults, CENTRIC observational study<sup>1,2</sup>



Once-daily Centrum for ≥ 3 months<sup>1,2</sup>

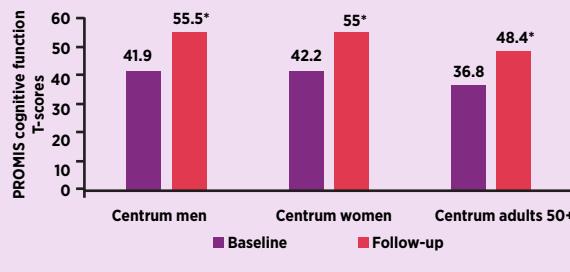


Better QoL, cognition, energy & immune health<sup>1,2</sup>

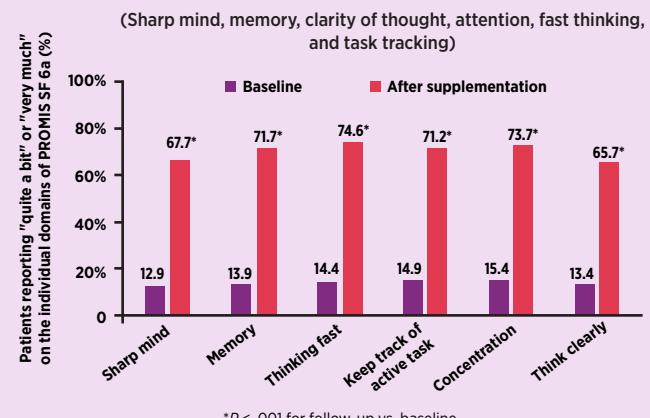
### Clinical improvements in

#### 1. Significant cognitive improvement ( $P < 0.001$ )<sup>1</sup>

##### PROMIS Cognitive T-scores increased across all groups

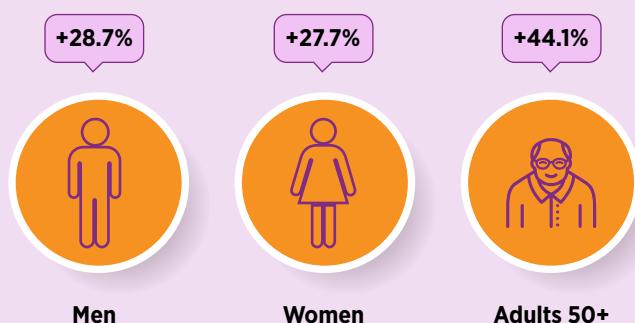


##### Substantial gains across all 6 assessed cognitive domains

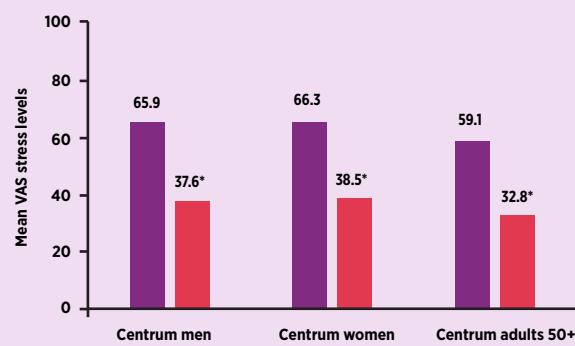


#### 2. Marked energy boost & stress reduction<sup>1</sup>

##### Improvement in energy (%)

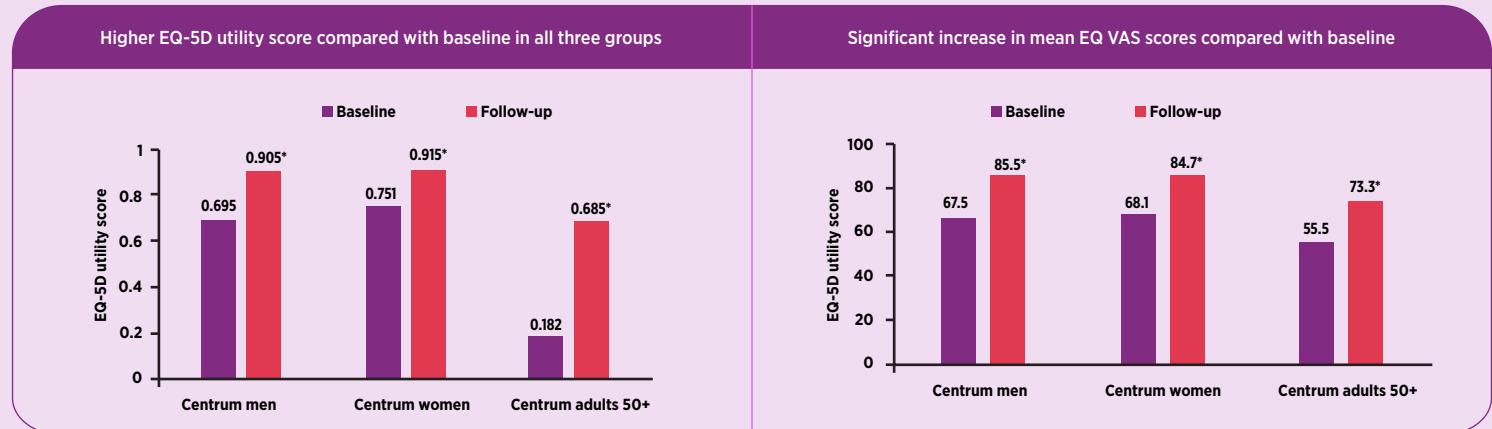


##### Stress levels significantly reduced across all groups \*( $P < 0.001$ )

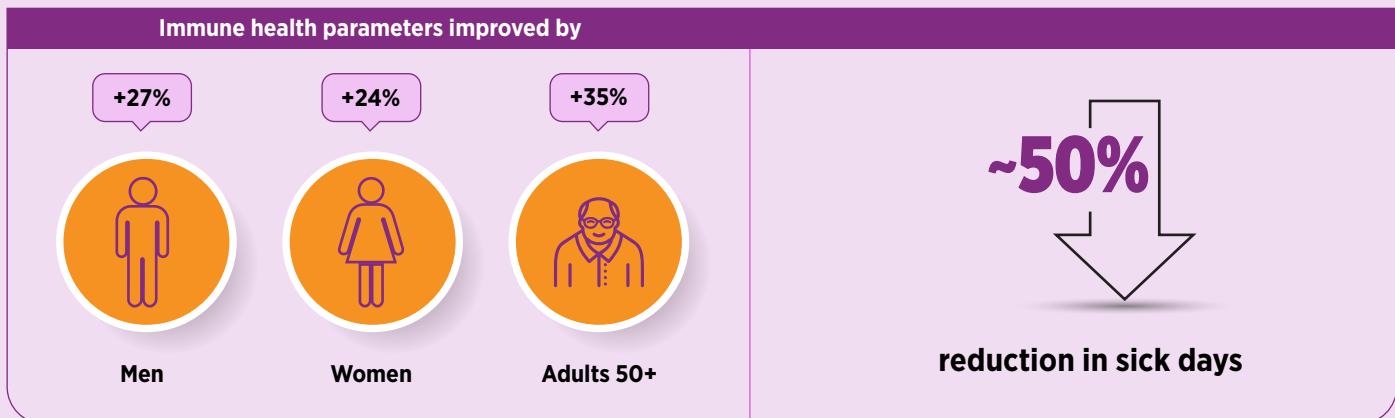


### 3. Significant QoL improvement<sup>2</sup>

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



### 4. Stronger immune health<sup>2</sup>



### 5. Cardiovascular & physical benefits<sup>1</sup>

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

### 6. Additional benefits<sup>1</sup>



**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.

\*Data on file

**References:**

1. Shrivastava 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. Shrivastava 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).