

Centrum Silver is clinically proven to support memory as you age^{1,2,3}

Results from three independent cognition trials of the COcoa Supplement and Multivitamins Outcomes Study (COSMOS)

Collaborators: Wake Forest University and Brigham and Women's Hospital, Harvard Medical School

What is COSMOS-Mind?¹

- Large-scale (n=2,262), double-blind, placebo controlled RCT
- Centrum Silver Multivitamin tablets vs. placebo
- Annual telephone-based cognition and memory tests over 3 years in older (65+ years) men and women

Key results¹

- 1 Daily use of Centrum Silver **significantly improved global cognitive function as compared to placebo**
- 2 Daily use of Centrum Silver **significantly improved memory & executive function as compared to placebo**

Collaborators: Columbia University and Brigham and Women's Hospital, Harvard Medical School

What is COSMOS-Web?²

- Large-scale (n=3,562), double-blind, placebo controlled RCT
- Centrum Silver Multivitamin tablets vs. placebo
- Annual web-based memory tests over 3 years in older (60+ years) men and women

Key results²

- 1 Daily use of Centrum Silver **significantly improved memory from baseline to 1 year as compared to placebo**
- 2 The memory benefit of Centrum Silver was **sustained over 3 years as compared to placebo**

Collaborators: Brigham and Women's Hospital, Harvard Medical School, Columbia University, Wake Forest University

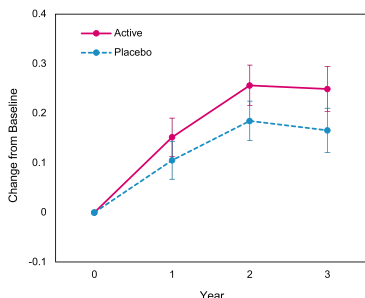
What is COSMOS-Clinic?³

- Large-scale (n=573), double-blind, placebo controlled RCT
- Centrum Silver Multivitamin tablets vs. placebo
- Annual in-person cognition and memory tests over 2 years in older (60+ years) men and women
- Additional meta-analysis of data across all 3 studies

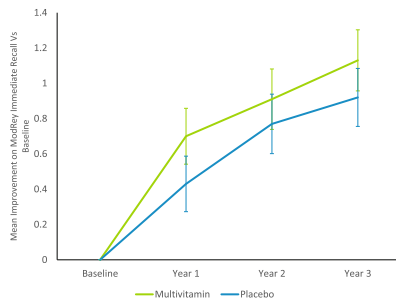
Key results³

- 1 Daily use of Centrum Silver had a **directionally positive effect on global cognitive function & significantly improved memory as compared to placebo**
- 2 The meta-analysis showed significant favorable change in global cognition and memory with daily use of Centrum Silver versus placebo

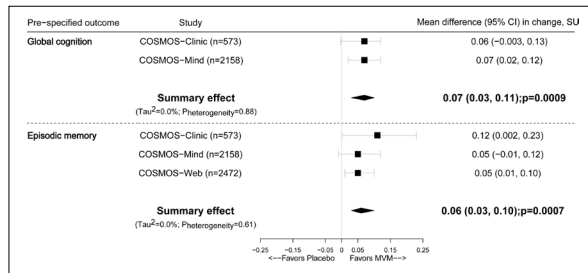
COSMOS-Mind: Overall Cognitive Function



COSMOS-Web: Episodic Memory



COSMOS-Clinic



Daily use of Centrum Silver had **significantly positive effects** on global cognition and memory in older adults.¹⁻³

Support wellness with Centrum Silver

Centrum Silver is developed for people aged 50+ and helps to support healthy aging.

It contains essential vitamins and minerals to keep your heart[§], brain[°], and eyes[†] healthy.



§ B vitamins help support heart health.*

+ Not a replacement for cholesterol-lowering drugs.

° Zinc and B vitamins help support normal brain function.

† Vitamins A, C, and E, and lutein to help support healthy eyes. This product is not intended to provide daily intake of lutein. Take with a diet rich in fruits and vegetables.

References:

1. Baker LD Alzheimers Dement 2022.
2. Yeung LK. Am J Clin Nutr 2023.
3. Vyas CM. Am J Clin Nutr. 2024.

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