

Whitehall-Robins Centrum™ Silver

Challenge Criteria*	LifePak Prime®	Whitehall-Robins Centrum™ Silver
*Unless otherwise stated the nutrients in both products fall within the specified ranges and meet the criteria.		
Uses exclusively natural vitamin E (d-alpha-tocopher...) because of its documented higher bioavailability over the synthetic form (dl-alpha tocopher...).	Yes	dl-alpha tocopheryl acetate
Provides at least 50% of the most recently established nutrient intake recommendations of the National Research Council (NRC) for men and women over age 50 of all essential vitamins and minerals, except electrolytes, phosphorus, fluoride and iron.	Yes	Below 50% of 1998 NRC AI for calcium, below 50% of 1998 NRC RDA for magnesium, below 50% of 1989 NRC RDA for vitamin K and selenium
Uses optimum amounts of antioxidant nutrients: 100-400 IU vitamin E, 200-500 mg vitamin C, 5,000-10,000 IU beta-carotene, and 70-200 mcg selenium.	Yes	45 IU vitamin E 60 mg vitamin C 1,000 IU beta-carotene 20 mcg selenium
Uses optimum amounts of B-vitamins involved in homocysteine metabolism: at least 200 mcg folic acid, 1.5 mg vitamin B ₆ and 2.4 mcg vitamin B ₁₂ .	Yes	Yes
Uses optimum amounts of bone nutrients for men and women over age 40: 500-1,500 mg calcium, 210-700 mg magnesium, 400-800 IU vitamin D, at least 40 mcg vitamin K, and at least 1 mg boron.	Yes	200 mg calcium 100 mg magnesium 10 mcg vitamin K 0.15 mg boron
Provides at least 6 mg carotenoids from at least 3 out of the 5 most important sources: beta-carotene, alpha-carotene, lutein, lycopene and cryptoxanthin. The amounts must be specified.	Yes 6 mg beta-carotene 2 mg lutein 5 mg lycopene	Only two sources specified: 0.6 mg beta-carotene 0.25 lutein
Provides at least 20 mg of dietary flavonoids from at least 3 different, well-characterized sources, such as catechins, citrus bioflavonoids, quercetin, isoflavones, and grape seed extract. The amounts must be specified.	Yes 90 mg green tea catechins 25 mg citrus bioflavonoids 50 mg quercetin 5 mg isoflavones 50 mg grape seed extract 40 mg ginkgo biloba extract (standardized to 27% ginkgo flavone glycosides) 50 mg milk thistle extract	No flavonoids

	(standardized to 80% silymarin)	
Uses well-absorbable, bioavailable sources of trace minerals zinc, iron, copper, and chromium (if present), such as organic acid salts and amino acid chelates.	Yes	Uses inorganic forms: oxide and chloride
Free of potentially unsafe amounts of vitamins and minerals according to the most recently published NOAEL established by the CRN.	Yes	Yes
Free of artificial fillers, binders, colors, flavors and preservatives.	Yes	Uses artificial colors
Meets USP XXIII disintegration guidelines: 30 minutes for capsules and uncoated tablets, 45 minutes for coated tablets.	Yes	Yes