

Data supplement

Table DS1 Ingredients of EMPowerplus™ with recommended daily allowances for adults			
Ingredients	15 capsules	Recommended daily allowance (RDA)	
		Men	Women
Vitamin A, IU	5760	3000	2333
Vitamin C, mg	600	90	75
Vitamin D, IU	1440	600	600 ^a
Vitamin E, IU	360	22.5	22.5
Thiamin, mg	18	1.2	1.1
Riboflavin, mg	13.5	1.3	1.1
Niacin, mg	90	16	14
Vitamin B ₆ , mg	36	1.3	1.3 ^a
Folic acid, µg	1440	400	400
Vitamin B ₁₂ , µg	900	2.4	2.4
Biotin, µg	1080	30	30 ^b
Pantothenic acid, mg	21.6	5	5 ^b
Calcium, mg	1320	1000	1000 ^a
Iron, mg	13.7	8	18 ^a
Phosphorus, mg	840	700	700
Iodine, µg	204	150	150
Magnesium, mg	600	400	310 ^a
Zinc, mg	48	11	8
Selenium, µg	204	55	55
Copper, mg	7.2	0.9	0.9
Manganese, mg	9.6	2.3	1.8 ^b
Chromium, µg	624	35	25 ^{a,b}
Molybdenum, µg	144	45	45
Potassium, mg	240	4700	4700 ^b
Choline bitartrate, mg	540	550	425 ^b
dl-Phenylalanine, mg	360	–	–
Citrus bioflavonoids, mg	240	–	–
Inositol, mg	180	–	–
Glutamine, mg	180	–	–
Methionine, mg	60	–	–
Grape seed, mg	45	–	–
Ginkgo biloba	36	–	–
Germanium sesquioxide, mg	20.7	–	–
Boron, µg	2400	–	–
Vanadium, µg	1194	–	–
Nickel, µg	29.4	–	–

a. The RDA varies with age.
b. Reference values are given as 'adequate intake' not RDA as RDA are not available.

Table DS2 Placebo ingredients	
Ingredients	15 capsules, mg
Fiber acacia gum	4500.00
Maltodextrin	5938.50
Cocoa powder	60.0
Riboflavin powder	1.5