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Supplementary Data

The Effects of Multivitamins on Cognitive Performance: A Systematic Review and Meta-Analysis

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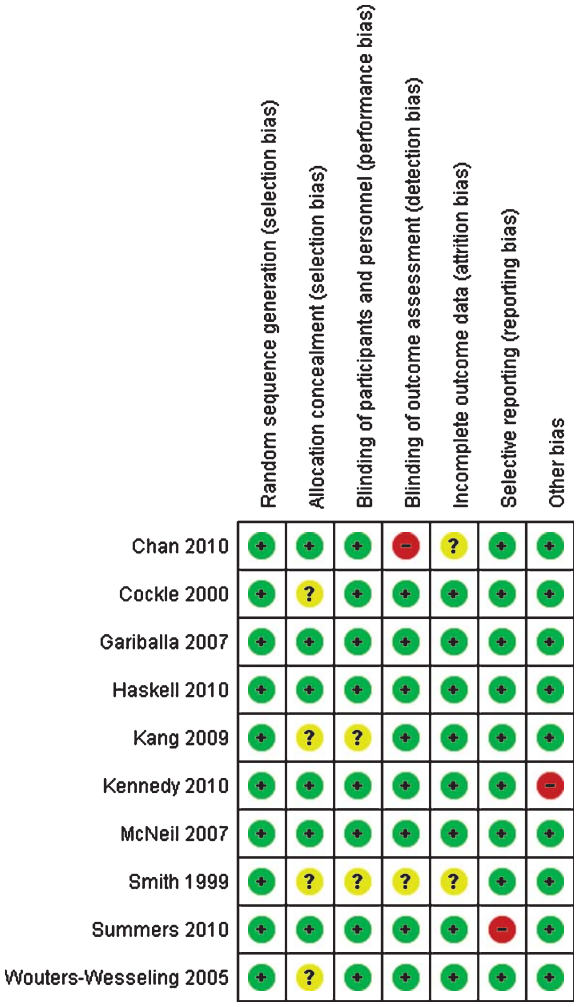
Supplementary Table 1
Multivitamin constituents of studies included in review

1st Author/year	Intervention characteristics
Chan 2010 [1]	Folic acid (400 μg), Vit B12 (6 μg), Vit E (30 IU), S-adenosylmethionine (400 mg), N-acetyl cysteine (600 mg), Acetyl-L-carnitine (500 mg)
Cockle 2000 [2]	Vit A palmitate (3334 IU), B12 (0.03 mg), C (600 mg), thiamine mononitrate (14 mg), riboflavin (16 mg), pyridoxine (22 mg), dl-alpha-tocopherol acetate (100 mg), folic acid (4 mg), d-biotin (2 mg) and nicotinamide (180 mg)
Gariballa 2007 [3]	Nutrition supplement providing 100% of the reference nutrient intakes of Vit A, C, D, E, B1, B2, B6, B12, folic acid, nicin, biotin, pantothenic acid, potassium, magnesium, calcium, phosphorous, chloride, iron, zinc, iodine, copper, manganese and selenium
Haskell 2010 [4]	Vit A (0.8 mg), B1 (4.2 mg), B2 (4.8 mg), Nicotinamide (54 mg), Pantothenic acid (18 mg), B6 (6 mg), Biotin (0.45 mg), Folic acid (0.6 mg), B12 (0.003 mg), C (180 mg), D3 (5 mg), E (10 mg), K1 (30 mg), Calcium (120 mg), Phosphorus (126 mg), Chromium (.025 mg), Copper (0.9 mg), Fluoride (1.5 mg), Iodine (0.075 mg), Iron (8 mg), Magnesium (45 mg), Manganese (1.8 mg), Molybdenum (0.045 mg), Selenium (0.055 mg), Zinc (8 mg)
Kang 2009 [5]	Vit E (600 IU), C (500 mg), beta carotene (50 mg)
Kennedy 2010 [6]	Vit B1 (15 mg), B2 (15 mg), B6 (10 mg), B12 (10 mcg), C (500 mg), biotin (150 mcg), folic acid (400 mcg), nicotinamide (50 mg), pantothenic acid (23 mg), calcium (100 mg), magnesium (100 mg), zinc (10 mg)
McNeill 2007 [7]	Vit A (800 Ug), Vit C (60 mg), Vit D (5 ug), Vit E (10 mg), thiamine (1.4 mg), riboflavin (1.6 mg), niacin (1 ug), pantothenic acid (6 mg), pyridoxine (2 mg), Vit B12 (1 ug), folic acid (200 ug), iron (14 mg), iodine (150 ug), copper (0.75 mg), zinc (15 mg), manganese (1 mg)
Smith 1999 [8]	Beta carotene (12 mg), alpha-tocopherol (400 mg), ascorbic acid (500 mg)
Summers 2010 [9]	Alpha lipoic acid 90 mg, d-alpha tocopherol (240 IU), Ascorbic acid (300 mg), A vitamin palmitate (4,500 IU), Beta carotene (9,000 IU), Bioflavonoid lemon (90 mg), Boron citrate (60 μg), Co-enzyme Q10 (36 mg), Copper gluconate (75 μg), DMAE (67.5 mg), Eleutherococcus senticosus (90 mg), Folic acid (720 μg), Gingko biloba (90 mg), Ginseng with 10% ginsenosides (90 mg), glutathione (120 mg), Gotu kola (120 mg), Grape seed extract (210 mg), *l*-lysine (180 mg), Magnesium citrate (48 mg), Manganese citrate (3 mg), *l*-methionine (180 mg), Methylcobalamin (720 μg), Nicotinamide (24 mg), Pantothenate *d-calcium (*60 mg), Papain (9 mg), Phosphatidylcholine (480 mg), Phosphatidylserine (30 mg), Pyridoxine HCl (18 mg), Pyridoxal-5-phosphate (3.6 mg), Riboflavin-5-Phosphate (6 mg), *l*- selenomethionine (60 μg), Taurine (90 mg), Thiamine (24 mg), Tocotrienols mixed (186 mg), Zinc citrate (18 mg)
Wouters-Wesseling 2005 [10]	Sodium (80 mg), Potassium (550 mg), Chloride (40 mg), Calcium (400 mg), Phosphorus (400 mg), Magnesium (100 mg), Iron (9 mg), Zinc (18 mg), Copper (3 mg), Manganese (4 mg), Fluoride (75 lg), Molybdenum (40 lg), Selenium (85 lg), Chromium (35 lg); Iodine (150 lg), Vit A (240 lg), Carotenoids (3 mg), Vit D (13 lg), Vit E (70 mg), Vit K (80 lg), Vit C (250 mg), Vit B1 (1.9 mg), Vit B2 (1.9 mg), Vit B6 (2.5 mg), Vit B12 (5.3 lg), Niacin (14 mg NE), Pantothenic acid (4.5 mg), Folate (480 lg), Biotin (70 lg), Coenzyme Q10 (3 mg), Flavonoids (19 mg)

Vit = Vitamin.



Supplementary Figure 1. Risk of bias assessment of studies included in review. + = low risk of bias; – = high risk of bias; ? = unclear risk of bias.

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