

## Multivitamin Supplementation Improves Quality-of-Life Parameters in Indian Population: Outcomes of an Observational Study

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### Abstract:

Micronutrients play a fundamental role in overall health, being essential for various cellular processes. Adequate supplementation with key micronutrients may contribute to better health outcomes and an improved quality-of-life (QoL). An observational study was conducted in India to evaluate the impact of regular consumption of multivitamin supplement (Centrum Men; n=203, Centrum Women; n=210, and Centrum Adults 50+; n=201) in enhancing self-reported health and health-related QoL parameters among Indian adults. Patients were recruited prospectively and retrospectively from the clinical practice of physicians (n=80; General Physician, Gynecologist, Orthopedic Surgeon) with regular consumption of at least 3 months. The EQ-5D-5L was used to assess QoL parameters. The outcome highlight significant improvement in QoL parameters, patients consuming Centrum Adults 50+ reported having “no problems” with mobility (18% vs. 9%), self-care (21% vs. 9%), usual activities (93% vs. 8%), pain and discomfort (11% vs. 1%) anxiety/depression (55% vs. 9%) ( $p < 0.05$  for all parameters) compare to baseline. Patients consuming Centrum Men reported having “no problems” with mobility (79% vs. 54%), self-care (77% vs. 47%), usual activities (80% vs. 48%), pain and discomfort (61% vs. 29%) anxiety/depression (67% vs. 20%) ( $p < 0.05$  for all parameters) compare to baseline. Patients consuming Centrum Women reported having “no problems” with mobility (74% vs. 51%), self-care (75% vs. 46%), usual activities (55% vs. 45%), pain and discomfort (59% vs. 27%) anxiety/depression (67% vs. 20%) ( $p < 0.05$  for all parameters) compare to baseline. Patients reported significantly improvement in overall health, as demonstrated by EQ-VAS score (Centrum Adults 50+: 73.3 vs. 55.5; Centrum Men: 85.5 vs. 67.5; Centrum Women: 84.7 vs. 68.1;  $p < 0.05$  for all groups). Centrum Multivitamin supplementation improves QoL among Indian adult population. It can be considered a viable option for enhancing overall health in this population.

### Keywords:

Micronutrients, quality of life, dietary supplements, vitamins, minerals.