



Bariatric Advantage Vitamins for Bariatric Surgery

Ultra Solo **WITHOUT** Iron Capsule + Calcium (start taking vitamins **2 weeks** after surgery)

- **1 chewable per day** will meet your multivitamin, iron, vitamin D, vitamin K, vitamin B1 & B12 requirements
- If 45mg iron is too high of a dose, you may be instructed to take **18mg of iron** in a separate chewable
- **500 mg calcium citrate** chewy bites; take **3 chewy bites per day**, in divided doses, taken separate from iron (or separate from the iron in your multivitamin) for a total of 1,500 mg of calcium citrate per day.

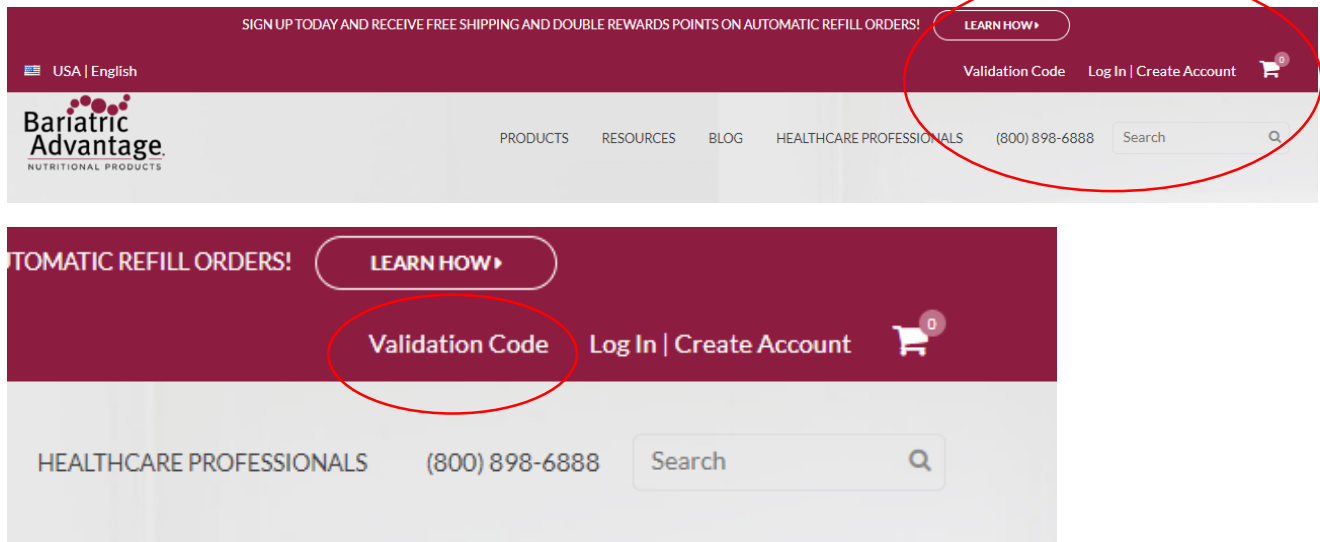


Breakfast	Snack	Lunch	Snack
1 Ultra Solo capsule or chewable	1 Calcium Citrate (500mg)	1 Calcium Citrate (500mg)	1 Calcium Citrate (500mg)
18mg Iron chewable			
**Do not take within 2 hours of calcium			

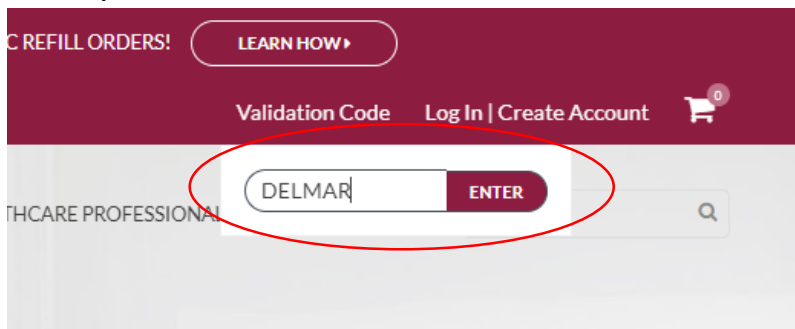
Ordering Instructions

(Use your code to get a 15% discount!)

- 1) Go to www.bariatricadvantage.com
- 2) Locate the validation code box



- 3) Enter your code DELMAR into the validation code box and click enter



- 4) Your code is validated and you can now select products and checkout!

