



Bariatric Advantage Vitamins for SADI

Chewable High ADEK Multi + Calcium (start taking vitamins **2 weeks** after surgery)

- **2 chewable per day** will meet your multivitamin, iron, vitamin D, vitamin K, vitamin B1 & B12 requirements
- **500 mg calcium citrate** chewy bites; take **4 chewy bites per day**, in divided doses, taken separate from iron (or separate from the iron in your multivitamin) for a total of 2,000 mg of calcium citrate per day.

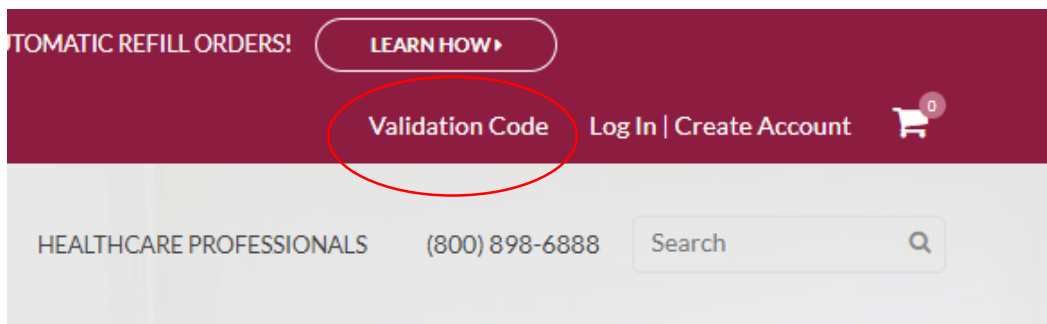
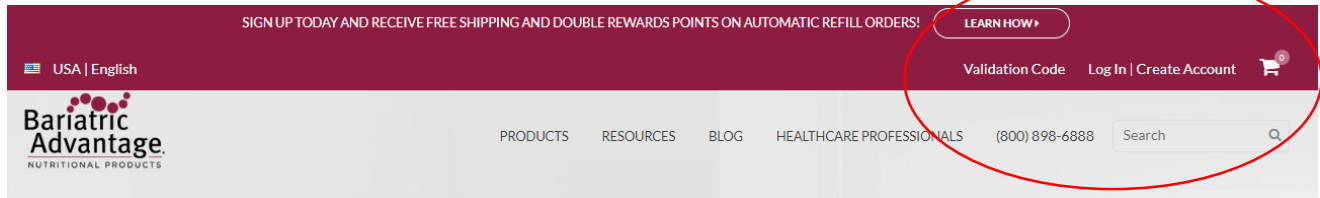


Breakfast	Snack	Lunch	Snack	Dinner	Bedtime
1 High ADEK with Iron **Do not take within 2 hours of calcium	1 Calcium Citrate (500mg)	1 Calcium Citrate (500mg)	1 Calcium Citrate (500mg)	1 High ADEK with Iron **Do not take within 2 hours of calcium	1 Calcium Citrate (500mg)

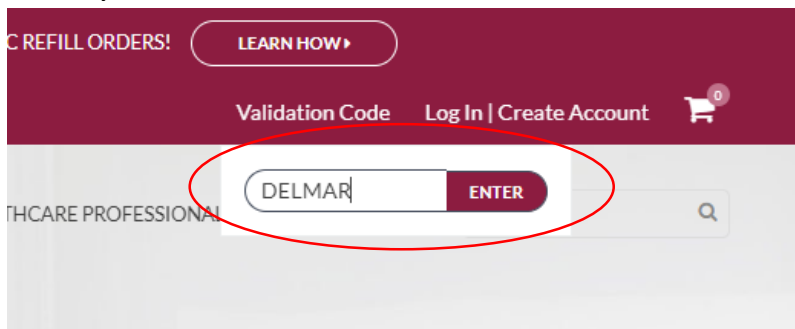
Ordering Instructions

(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!

