DEL MAR SURGICAL





Bariatric Advantage Vitamins for SADI

<u>Chewable High ADEK Multi + Calcium</u> (start taking vitamins <u>2 weeks</u> after surgery)

- **2 chewable per day** will meet your multivitamin, iron, vitamin D, vitamin K, vitamin B1 & B12 requirements
- **500 mg calcium citrate** <u>chewy bites</u>; 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	1 Calcium	1 Calcium	1 Calcium	1 High ADEK	1 Calcium
with Iron	Citrate	Citrate	Citrate	with Iron	Citrate
	(500mg)	(500mg)	(500mg)		(500mg)
**Do not take				**Do not take	
within 2 hours				within 2	
of calcium				hours of	
				calcium	

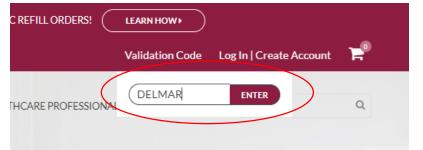
Ordering Instructions

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

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

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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!

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