

## Bariatric Multivitamin with Calcium Comparison

	ASMBS Guidelines	Celebrate Essential Multi 2 in 1	Bariatric Fusion Complete Chewable Bariatric Multivitamin
Price		\$29.95	\$29.99
Amount		120	120
Daily Serving		4	4
Flavor		Orange-Pineapple & Mango	Mixed Berry, Orange Crème, Wild Cherry, Strawberry, Tropical & Very Berry
Vitamin A (mcg)	1,500-3,000	3,000*	2,240
Vitamin C (mg)		180	180
Vitamin D (mcg)	75	75.2*	75.2
Vitamin E (mg)	15	40*	60+
Vitamin K (mcg)	90-120	120	0
Thiamin (mg)	12	12	12
Riboflavin (mg)		12	1.72
Niacin (mg)		40	20
Vitamin B6 (mg)		4	2
Folate (mcg)	400-800 800-1,000	1,332 mcg DFE	1,340 mcg DFE
Vitamin B12 (mcg)	350-1,000	1,000	560
Biotin (mcg)		600	600
Pantothenic Acid (mg)		20	10
Calcium (mg)	1,200-1,500	1,500‡	1,200§
Iron (mg)	45-60	0	45.2
Iodine (mcg)		150	152
Magnesium (mg)		100	400¶
Zinc (mg)	8-22	30	30
Selenium (mcg)		140	72
Copper (mg)	1-2	3	2
Manganese (mg)		2	2
Chromium (mcg)		200	120
Molybdenum (mcg)		75	75

\* Water-miscible forms

† Synthetic form – dl-alpha-tocopherol

‡ Calcium citrate

§ Combination of calcium citrate and carbonate

¶ Mineral oxide

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