

Bariatric One-A-Day Multivitamin Comparison

	ASMBS Guidelines	CelebrateONE 45 Capsule	Bariatric Fusion One PER Day Bariatric Multivitamin Capsule	Bariatric Advantage Ultra Solo with Iron Capsule	ProCare Bariatric Multivitamin with 45mg Iron Capsule	FitForMe WLS Forte Capsule
Price		\$16.95	\$19.99	\$25.50	\$14.99	\$28.32*
Amount		30	30	30	30	30
Vitamin A (mcg)	1,500 – 3,000	3,000†	2,250	3,000	3,000	600
Vitamin C (mg)		90	180	120	130	120
Vitamin D (mcg)	75	75†	75	75	75	75
Vitamin E (mg)	15	40†	20	20	40.2	24
Vitamin K (mcg)	90-120	120	0	120	120	0
Thiamin (mg)	12	12	12	25	20	2.7
Riboflavin (mg)		12	1.7	3.4	12	3.5
Niacin (mg)		40	20	40	40	32
Vitamin B6 (mg)		4	2	4	12	0.98
Folate (mcg)	400-800 800-1,000	1,333 mcg DFE‡	1,333 mcg DFE	1,360 mcg DFE	800 mcg DFE‡	1,000 mcg DFE
Vitamin B12 (mcg)	350-1,000	500	560§	500	1,000	350§
Biotin (mcg)		600	600	600	600	100
Pantothenic Acid (mg)		20	10	20	20	18
Iron (mg)	18-60	45	45	45	45	70
Iodine (mcg)		150	150	150	150	225
Magnesium (mg)		100	100¶	10¶	100	0
Zinc (mg)	8-22	30	30¶	20	16	22.5
Selenium (mcg)		140	70	70	100	105
Copper (mg)	1-2	3	2¶	2	2	3
Manganese (mg)		2	2	2	2	3
Chromium (mcg)		200	120	120	100	160
Molybdenum (mcg)		75	75	75	75	112.4

* 3-month subscription only

† Water-miscible forms

‡ L-methyltetrahydrofolate

§ Cyanocobalamin only

¶ Mineral oxides

Updated 7.23

