

Bariatric Prenatal Comparison

| | ACOG Recommendations | ASMBS Guidelines (RNY) | Celebrate Prenatal Multivitamin | ProCare Prenatal + Bariatric Multivitamin |
|-----------------------|----------------------|------------------------|---------------------------------------------------------|-------------------------------------------|
| Price | | | \$22.95 | \$22.99 |
| Amount | | | 60 | 60 |
| Daily Serving | | | 2 | 2 |
| Vitamin A (mcg) | 770 | 1,500-3,000 | 1,500 (50% retinyl palmitate and 50% beta-carotene)* | 1,500 Betatene® (100% beta-carotene) |
| Vitamin C (mg) | 85 | | 90 | 130 |
| Vitamin D (mcg) | 15 | 75 | 75* | 75 |
| Vitamin E (mg) | | 15 | 40* | 40.2 |
| Vitamin K (mcg) | | 90-120 | 120 | 150 |
| Thiamin (mg) | | 12 | 12 | 20 |
| Riboflavin (mg) | | | 12 | 12 |
| Niacin (mg) | | | 40 | 40 |
| Vitamin B6 (mg) | 1.9 | | 4 | 12 |
| Folate (mcg DFE) | 600 | 800-1,000 | 1,666 mcg DFE† | 1,000 mcg DFE† |
| Vitamin B12 (mcg) | 2.6 | 350 – 1,000 | 1,000‡ | 2,000 |
| Biotin (mcg) | | | 600 | 600 |
| Pantothenic Acid (mg) | | | 20 | 20 |
| Choline (mg) | 450 | | 55 | 30 |
| Iron (mg) | 27 | 18-60 | 45 | 60 |
| Iodine (mcg) | 220 | | 220 | 220 |
| Magnesium (mg) | | | 100 | 200 |
| Zinc (mg) | | 8-22 | 30 | 30 |
| Selenium (mcg) | | | 140 | 140 |
| Copper (mg) | | 2 | 3 | 2 |
| Manganese (mg) | | | 2 | 2 |
| Chromium (mcg) | | | 200 | 200 |
| Molybdenum (mcg) | | | 75 | 75 |
| Potassium (mg) | | | | 17 |

* Water-miscible vitamins

† L-methyltetrahydrofolate

‡ Blend of cyanocobalamin and methylcobalamin