

Bariatric Multivitamin & Over-the-Counter Comparison

	ASMBS Guidelines	CelebrateONE45 Chewable	Flintstones Complete Chewable	Centrum Adults Multivitamin Tablet	One-A-Day Women's Complete Multivitamin
Price		\$17.95	\$13.49	\$9.95	\$17.48
Amount		30	60	200	200
Daily Serving		1	2 (For Bariatric Patient)	2 (For Bariatric Patient)	2 (For Bariatric Patient)
Flavor		Tropical Twist Midnight Cherry	Fruit Flavor	Tablet Only	Tablet Only
Vitamin A (mcg)	1,500 -3,000	3,000*	800	2,100	1,400
Vitamin C (mg)		90	180	120	180
Vitamin D (mcg)	75	75*	40	50	50
Vitamin E (mg)	15	40*	15	27†	30†
Vitamin K (mcg)	90-120	120	0	50	0
Thiamin (mg)	12	12	1.9	3	4.8
Riboflavin (mg)		12	2.6	3.4	3.9
Niacin (mg)		40	24	40	48
Vitamin B6 (mg)		4	3.4	4	6.8
Folate (mcg)	400-800 800-1,000	1,333 mcg DFE‡	800 mcg DFE	1,334 mcg DFE	1,330 mcg DFE
Vitamin B12 (mcg)	350-1,000	500	4.8§	12§	19.2§
Biotin (mcg)		600	60	60	90
Pantothenic Acid (mg)		20	10	20	15
Iron (mg)	18-60	45	20#	36#	36#
Calcium (mg)			280¶	400¶	260¶
Iodine (mcg)		150	300	300	300
Magnesium (mg)		100	0	100**	84**
Zinc (mg)	8-22	30	10**	22**	16**
Selenium (mcg)		140	0	110	82
Copper (mg)	1-2	3	0.88	1	2.7
Manganese (mg)		2	0	4.6	
Chromium (mcg)		200	0	70	
Molybdenum (mcg)		2	0	90	

* Water-miscible forms

† dl-alpha-tocopherol – synthetic form of vitamin

‡ L-methyltetrahydrofolate

§ Cyanocobalamin only

¶ Calcium carbonate only

Combines calcium and iron

** Mineral oxides

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