

# Bariatric Essentials



## Clinical Applications

- 28 Essential Vitamins, Minerals, and Trace Elements\*
- Higher Potency Compared to Standard Multivitamins\*
- Easy to Absorb Forms for Gentleness on Digestive System\*

*Bariatric Essentials is a high-potency multiple vitamin/mineral supplement is formulated for the special nutritional needs of people who have had weight loss surgery. Maintaining adequate nutritional intake from food alone is often not possible after surgery. Reduced food intake and poor absorption can result in deficiencies that can jeopardize health.*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

## Discussion

It is imperative to begin taking supplemental nutrients upon your return home after bariatric surgery and to continue taking them throughout your life. However, studies show that standard multivitamins or children's chewable multivitamins do not adequately meet the enhanced requirements or compensate for absorption problems after surgery. This daily supplement overcomes these issues by providing extra-strength amounts of nutrients in forms that are readily absorbed and efficiently used by the body. Some nutritional deficiencies can occur within a year after surgery. Others may take years to develop. You may not know you have developed a deficiency, as there may be no visible signs or symptoms. However, certain nutrient deficits can lead to irreversible nerve and tissue damage. Taking high potency amounts of vitamins and minerals daily throughout your life is critical part of your post surgical care.

Abundant scientific and clinical literature indicates that dietary supplements have an important role to play in promoting health. The need for supplements is ever more apparent given frequent nutritional inadequacies of the Standard American Diet, where low consumption of fruits and vegetables is paired with energy-dense, "empty calorie" processed foods.<sup>1</sup> A growing proportion of the public now embraces dietary supplements as an integral part of a daily health program. National surveys report that approximately one-half of adult Americans use supplements daily, and of these, multivitamin and mineral supplements are the most used.<sup>2,3</sup>

In addition to encouraging healthier food choices, supplementation is often recommended when an individual's dietary nutrient intake is inadequate or unbalanced. Nutrient intake at the official Recommended Dietary Allowances (RDA) may be adequate to help individuals achieve a complete and more balanced intake of vitamins, minerals, and trace elements. However, higher amounts more than the RDAs (though well below tolerable upper limits) may be needed to meet individual requirements post bariatric surgery. Increased, safe intake of vitamins and minerals may assist optimal functioning of interrelated enzyme systems, cellular energy metabolism, hormonal regulation, and detoxification pathways critical to maintaining health.

**How the Formula Works** The amount as well as the form of each nutrient in Bariatric Essentials is selected to ensure efficacy, bioavailability, tolerance, and safety. Some of the primary distinguishing characteristics of Bariatric Essentials include **Vitamin A:** Provided as a mixture of retinol and natural carotenes to ensure more complete vitamin A nutrition and to support individuals who may insufficiently convert beta-carotene to vitamin A. Mixed, natural-source carotenoids are used instead of synthetic versions. **Vitamin E:** Delivered as a complex of naturally occurring mixed tocopherol isomers (alpha, beta, gamma, and delta) **Vitamin D:** Natural source vitamin D3 is included at 25 mcg (1,000 IU), a higher amount than what is typically found in multivitamin formulas. **Vitamin K:** Vitamin K1 (phytonadione) promotes normal blood clotting and supports bone health. **B vitamins:** B-complex vitamins are included along with folate (Metafolin®, L-5-methyltetrahydrofolate) in active forms. The bioactive form of folate is easily absorbed and readily usable by cells. Compared to folic acid, the form most used in fortified foods and supplements, methylfolate is the predominant form in the body and can cross the blood-brain barrier to support health throughout the body.

**Calcium and Magnesium** Bariatric Essentials contains calcium citrate and calcium D-pantothenate, a readily soluble form of calcium with superior bioavailability and GI tolerance compared to other forms, such as calcium carbonate. Magnesium is also provided in well-absorbed and tolerated forms. Elevated amounts of these minerals are included to support optimal levels in the body. The majority adults in the U.S. average intake is below recommended levels for these nutrients.<sup>4,5</sup>

**Minerals and Trace Elements:** Amino acid chelates, clinically demonstrated to have superior bioavailability and tolerance, are used in Bariatric Essentials. Iron is provided as ferrous bisglycinate chelate to further support bioavailability and GI tolerance.

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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Bariatric Essentials



## Supplement Facts

Serving Size 4 Capsules • Servings Per Container 30

Amount Per 4 Capsules	% Daily Value	Amount Per 4 Capsules	% Daily Value
Vitamin A (50% (1,050 mcg RAE) as natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from <i>D. salina</i> and 50% (1,050 mcg RAE) as vitamin A palmitate)	2,100 mcg RAE 233%	Calcium (85% as calcium citrate and 15% calcium D-pantothenate)	100 mg 8%
Vitamin C (as L-ascorbic acid)	180 mg 200%	Iron (as TRAACS® Ferrochel® ferrous bisglycinate chelate†‡)	45 mg 250%
Vitamin D <sub>3</sub> (as cholecalciferol)	25 mcg 125%	Iodine (90% as potassium iodide and 10% from kelp)	150 mcg 100%
Vitamin E (as RRR-alpha-tocopheryl acid succinate, RRR-d-alpha-tocopherol)	60 mg 400%	Magnesium (as TRAACS® magnesium bisglycinate chelate, magnesium oxide†‡)	100 mg 24%
Vitamin K <sub>1</sub> (as phytoladione)	80 mcg 67%	Zinc (as TRAACS® zinc bisglycinate chelate†‡)	15 mg 136%
Thiamin (75% as thiamin HCl and 25% benfotamine)	12 mg 1,000%	Selenium (as selenium amino acid complex)	70 mcg 127%
Riboflavin (69% as riboflavin and 31% as riboflavin 5'-phosphate)	5.1 mg 392%	Copper (as copper gluconate)	2 mg 222%
Niacin (75% as niacinamide, 25% as niacin)	40 mg NE 250%	Manganese (as TRAACS® manganese bisglycinate chelate†‡)	2 mg 87%
Vitamin B <sub>6</sub> (67% as pyridoxine HCl and 33% as pyridoxal 5'-phosphate)	6 mg 953%	Chromium (as TRAACS® chromium nicotinate glycinate chelate†‡)	120 mcg 343%
Folate (as Metafolin®† calcium L-5-methyltetrahydrofolate)	1,360 mcg DFE 340% (800 mcg)	Molybdenum (as TRAACS® molybdenum glycinate chelate†‡)	75 mcg 167%
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg 10,417%	Boron (as boron aspartate-citrate)	2 mg *
Biotin (D-biotin)	600 mcg 2,000%	Vanadium (as bisglycinate oxovanadium)	50 mcg *
Pantothenic Acid (as calcium D-pantothenate)	20 mg 400%	Inositol	25 mg *
Choline (as choline bitartrate)	10 mg 2%	Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma)	0.8 mg *
		Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i> )	20 mcg *

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

†Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany  
‡Albion®, TRAACS®, and Ferrochel® are registered trademarks of Albion® Laboratories, Inc.

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## References

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- Ford ES, Mokdad AH. Dietary magnesium intake in a national sample of US adults. *J Nutr.* 2003 Sep;133(9):2879-82.
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## Directions

Adults, take 4 capsules daily with food, or as directed by your healthcare provider. Not intended for children.

## Does Not Contain

Wheat, gluten, corn, yeast, soy protein, dairy products, shellfish, peanuts, tree nuts, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

## Warning

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. **KEEPOUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.

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