

SUGGESTED USE: Take 1 capsule 2 times daily or as recommended by your healthcare practitioner.

WARNING: Do not use if pregnant or nursing. Excess vitamin A may contribute to a risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl palmitate) per day, unless instructed to do so by a healthcare practitioner.

CAUTION: If you have had gastric surgery and experience persistent nausea, vomiting, diarrhea or other symptoms, contact your healthcare practitioner.

Keep out of reach of children.

TAMPER EVIDENT: Do not use if safety seal is missing or broken.

STORAGE: Keep tightly closed in a cool, dry place.


**Bariatric
Advantage.**

High ADEK Multi

Dietary Supplement
60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene and retinyl palmitate)	2,250 mcg	250%
Vitamin C (as sodium ascorbate and ascorbic acid)	90 mg	100%
Vitamin D (as cholecalciferol)	62.5 mcg (2,500 IU)	313%
Vitamin E (as D-alpha tocopheryl acetate)	33.5 mg	223%
Vitamin K (as phytonadione USP)	200 mcg	167%
Thiamin (as thiamin mononitrate)	8 mg	500%
Riboflavin	1.7 mg	131%
Niacin (as niacinamide)	20 mg	125%
Vitamin B ₆ (as pyridoxine HCl)	2 mg	118%
Folate (as folic acid and calcium L-5 methyltetrahydrofolate ¹)	665 mcg DFE (160 mcg folic acid)	167%

Amount Per Serving	% Daily Value	
Vitamin B ₁₂ (as cyanocobalamin)	500 mcg	20,833%
Biotin	300 mcg	1,000%
Pantathenic Acid (as calcium D-pantothenate)	10 mg	200%
Magnesium (as magnesium oxide)	15 mg	4%
Zinc (as zinc citrate)	15 mg	136%
Selenium (as selenomethionine)	70 mcg	127%
Copper (as copper gluconate)	1.5 mg	167%
Manganese (as manganese citrate)	2.3 mg	100%
Chromium (as chromium picolinate ²)	120 mcg	343%
Molybdenum (as molybdenum aspartate complex)	75 mcg	167%

Other Ingredients: Microcrystalline cellulose, capsule (hydroxypropylmethylcellulose), and silica.

MANUFACTURED FOR: BARIATRIC ADVANTAGE A DIVISION OF METAGENICS, INC.
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¹As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.

²As Chromax®. Chromax® is a registered trademark of Nutrition 21, Inc.

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