

SUGGESTED USE: Take 2 tablets once daily or as directed by your healthcare practitioner. Chew or crush tablets completely before swallowing. Do not swallow tablets whole.

WARNING: Excess vitamin A intake, beta-carotene or carotenoid forms excepted, may increase the risk of birth defects and may contribute to osteoporosis. Women who are pregnant or who may become pregnant should not exceed 10,000 IU of vitamin A per day, beta-carotene or carotenoid forms excepted, 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.**

Chewable Essential Multi without Iron



Berry

flavored with other natural flavors

Dietary Supplement

60 TABLETS

Supplement Facts

Serving Size 2 Chewable Tablets

Servings Per Container 30

Amount/Serving	%DV	Amount/Serving	%DV
Calories.....	10	Magnesium.....	50 mg.....13%
Total Carbohydrate.....	2 g.....<1%*	(as magnesium citrate)	
Sugars.....	1 g.....**	Zinc (as zinc citrate).....	15 mg.....100%
Vitamin A.....	10,000 IU.....200%	Selenium (as selenomethionine)...	100 mcg.....143%
(75% as beta-carotene and 25% as retinyl acetate)		Copper (as copper citrate).....	2 mg.....100%
Vitamin C.....	120 mg.....200%	Manganese (as manganese citrate)...	2 mg.....100%
(as sodium ascorbate and ascorbic acid)		Chromium.....	120 mcg.....100%
Vitamin D (as cholecalciferol).....	3,000 IU.....750%	(as chromium picolinate)	
Vitamin E.....	30 IU.....100%	Molybdenum.....	75 mcg.....100%
(as d-alpha-tocopheryl succinate)		(as molybdenum aspartate complex)	
Thiamin (as thiamin mononitrate) ...	10 mg.....667%		
Riboflavin.....	3.4 mg.....200%	Citrus Bioflavonoid Complex.....	12.5 mg.....**
Niacin (as niacinamide).....	50 mg.....250%	Inositol.....	5 mg.....**
Vitamin B ₆ (as pyridoxine HCl).....	4 mg.....200%	Choline (as choline bitartrate).....	2 mg.....**
Folate (as folic acid).....	800 mcg.....200%	Vanadium (as vanadyl sulfate).....	25 mcg.....**
Vitamin B ₁₂	1,000 mcg.....16,667%		
(as methylcobalamin)			
Biotin.....	600 mcg.....200%		
Pantothenic Acid.....	20 mg.....200%		
(as d-calcium pantothenate)			

Other Ingredients: Xylitol, fructose, natural flavors, highly refined hydrogenated soybean oil, stearic acid (vegetable), citric acid, magnesium stearate (vegetable), and sucralose (a non-nutritive sweetener).

MANUFACTURED FOR: BARIATRIC ADVANTAGE
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