

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.

This product is gluten-free.

WARNING: 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 acetate) 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**

Chewable Essential Multi without Iron



Orange

flavored with other natural flavors

Dietary Supplement

60 TABLETS

Supplement Facts

Serving Size 2 Chewable Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories.....	10	Biotin.....	600 mcg.....2,000%
Total Carbohydrate.....	2 g.....1%*	Pantothenic Acid.....	20 mg.....400%
Total Sugars.....	1 g.....**	(as calcium D-pantothenate)	
Includes 1g Added Sugars.....	2%*	Magnesium (as magnesium citrate).....	50 mg.....12%
Vitamin A (75% as beta-carotene).....	3,000 mcg.....333%	Zinc (as zinc citrate).....	15 mg.....136%
(as beta-carotene and retinyl acetate)		Selenium (as selenomethionine).....	100 mcg.....182%
Vitamin C.....	120 mg.....133%	Copper (as copper citrate).....	2 mg.....222%
(as sodium ascorbate and ascorbic acid)		Manganese (as manganese citrate).....	2 mg.....87%
Vitamin D.....	75 mcg (3,000 IU).....375%	Chromium.....	120 mcg.....343%
(as cholecalciferol)		(as chromium picolinate)	
Vitamin E.....	20.1 mg.....134%	Molybdenum.....	75 mcg.....167%
(as D-alpha-tocopheryl succinate)		(as molybdenum aspartate complex)	
Thiamin (as thiamin mononitrate).....	10 mg.....833%	Sodium (as sodium ascorbate).....	10 mg.....<1%
Riboflavin.....	3.4 mg.....262%		
Niacin (as niacinamide).....	50 mg.....313%	Citrus Bioflavonoid Complex.....	12.5 mg.....*
Vitamin B ₆ (as pyridoxine HCl).....	4 mg.....235%	Inositol.....	5 mg.....*
Folate.....	1,360 mcg DFE.....340%	Vanadium (as vanadyl sulfate).....	25 mcg.....*
(800 mcg folic acid)			
Vitamin B ₁₂	1,000 mcg.....41,667%		
(as methylcobalamin)			

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

MANUFACTURED FOR: BARIATRIC ADVANTAGE
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