

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
180 TABLETS

Supplement Facts

Serving Size 2 Chewable Tablets
Servings Per Container 90

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	10	Biotin	600 mcg 2,000%
Total Carbohydrate	2 g 1%*	Pantothenic Acid (as calcium D-pantothenate)	20 mg 400%
Total Sugars	1 g **	Magnesium (as magnesium citrate)	90 mg 12%
Includes 1g Added Sugars	2%*	Zinc (as zinc citrate)	15 mg 139%
Vitamin A (75% as beta-carotene) (as beta-carotene and retinyl acetate)	3,000 mcg 333%	Selenium (as selenomethionine)	100 mcg 182%
Vitamin C (as sodium ascorbate and ascorbic acid)	120 mg 133%	Copper (as copper citrate)	2 mg 222%
Vitamin D (as cholecalciferol)	75 mcg (3,000 IU) 375%	Manganese (as manganese citrate)	2 mg 87%
Vitamin E (as d-alpha-tocopheryl succinate)	20.1 mg 134%	Chromium (as chromium picolinate)	120 mcg 343%
Thiamin (as thiamin mononitrate)	10 mg 833%	Molybdenum (as molybdenum aspartate complex)	75 mcg 167%
Riboflavin	3.4 mg 262%	Sodium (as sodium ascorbate)	10 mg <1%
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 (800 mcg folic acid) 340%	Vanadium (as vanadyl sulfate)	25 mcg **
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg 41,667%		

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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