

**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  
180 CAPSULES

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 180

Amount Per Serving	% Daily Value
Vitamin A.....	2,250 mcg.....250%
(as beta-carotene and retinyl palmitate)	
Vitamin C.....	90 mg.....100%
(as sodium ascorbate and ascorbic acid)	
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) <sup>1</sup> .....	200 mcg.....167%
Thiamin (as thiamin mononitrate).....	6 mg.....500%
Riboflavin.....	1.7 mg.....131%
Niacin (as niacinamide).....	20 mg.....125%
Vitamin B <sub>6</sub> (as pyridoxine HCl).....	2 mg.....118%
Folate.....	665 mcg DFE.....167%
(160 mcg folic acid)	
(as folic acid and calcium L-5-methyltetrahydrofolate <sup>2</sup> )	
Vitamin B <sub>12</sub> (as cyanocobalamin).....	500 mcg.....20,833%
Biotin.....	300 mcg.....1,000%
Pantothenic Acid.....	10 mg.....200%
(as calcium D-pantothenate)	
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 <sup>3</sup> ).....	120 mcg.....343%
Molybdenum.....	75 mcg.....167%
(as molybdenum aspartate complex)	

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

**MANUFACTURED FOR:**  
BARIATRIC ADVANTAGE A DIVISION OF METAGENICS, INC.  
ALISO VIEJO, CA 92656 • 800.898.6888 • [BariatricAdvantage.com](http://BariatricAdvantage.com)

<sup>1</sup>As Metabolin<sup>®</sup>, Metabolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

<sup>2</sup>As Chromax<sup>®</sup>, Chromax<sup>®</sup> is a registered trademark of Nutrition 21, Inc.

130070522

153658281



LOT 0000000 EXP:09/00