



- **Local Pharmacies:** Queen's POB1, Queen's West, Pali Momi, KTA (Big Island)
- **Phone:** 1-800-898-6888
- **Website:** www.bariatricadvantage.com
 - ★ Code "QUEENS" for 15% off; 5-10% off recurring orders

MULTIVITAMIN

Advanced Multi EA

Multivitamin, B-12 and Iron (45 mg)
 - Separate from calcium, coffee, tea
Dosage: 2 chewables daily

Ultra Multi with Iron

Multivitamin, B-12 and Iron (45 mg)
 - Separate from calcium, coffee, tea
 - Also available without iron
Dosage: 3 capsules daily

Ultra Solo with Iron

Multivitamin, B-12 and Iron (45 mg)
 - Separate from calcium, coffee, tea
 - Only 2% DV Magnesium
Dosage: 1 capsule or chew daily

CALCIUM

Chewy Bite – 500 mg ea.
Dosage: 500 mg x 3 times daily
Tablet – 200 mg ea.
Dosage: 400 mg x 3 times daily



ADDITIONAL SUPPLEMENTS

IRON

Chewable – 29 mg or 60 mg
Chewy Bite – 30 mg
Tablet – 29 mg

VITAMIN D

Dry Vitamin D – 5,000 IU
Dosage: 1 capsule daily

PROBIOTIC

FloraVantage Probiotic
Dosage: 1-2 chews daily



- **Local Pharmacies:** Queen's POB 1 and West
- **Phone:** 1-877-424-1953
- **Website:** www.celebratevitamins.com
 10% off recurring orders; free shipping if >\$100

CALCIUM

Multi-Complete 45 or 60

Multivitamin, B-12, Iron (45 or 60 mg)
 - Separate from calcium, coffee, tea
Dosage: 1 capsule or chew x 2 times daily

CelebrateOne 45

Multivitamin, B-12 and Iron (45 mg)
 - Separate from calcium, coffee, tea
 - Only 24% DV Magnesium
Dosage: 1 capsule or chewable daily

Multi-Soft Chew

Multivitamin, B-12
 *Does not contain iron
Dosage: 1 chew x 2 times daily



IRON + C

Soft Chew – 500 mg ea.
Dosage: 500 mg x 3 times daily
Tablet – 200 mg ea.
Dosage: 200 mg x 3 times daily

VITAMIN D

Chewable – 30 mg or 60 mg
Soft Chew – 30 mg or 60 mg
Tablet – 30 mg, 45 mg or 60 mg

Quick-Melt – 5,000 IU
Dosage: 1 tablet daily

