



	ASMBS Recommended Supplementation (2013)	Patch MD Multivitamin Patch	Celebrate Multi-Complete 60 Serving size: 2 tablets	Bariatric Fusion: ADEK Serving size: 4 tablets
Vitamin A	10,000 IU	10,000IU	10,000 IU	10,000IU
Vitamin C	120mg	1,000mg	180mg	180mg
Vitamin D3	3,000-6,000 IU	5,000IU	3,000 IU	3,000IU
Vitamin E	60 IU	200IU	60IU	300IU
Vitamin K	160mg	160mcg	120mcg	300mcg
Thiamin	3mg	25mg	12mg	12mg
Riboflavin	3.4mg	25mg	12mg	1.7mg
Niacin	40mg	40mg	40mg	20mg
B6	4mg	25mg	4mg	2mg
Folic Acid	400mcg	400mcg	800mcg	800mcg
B12	350-500mcg/day	1,000mcg	1,000mcg	560mcg
Biotin	60mcg	600mcg	600mcg	600mcg
Pantothenic Acid	20mg	25mg	20mg	10mg
Calcium	1,200-2,400mg	1,500mg	0 (Need additional calcium 500-600mg 3x/day taken separately)	1,200mg (Can take additional 500-600mg Calcium 1x/day)
Iron	45-60mg	45mg	60mg	45mg
Magnesium	400mg	500mg	100mg	400mg
Zinc	15mg	15mg	30mg	30mg
Selenium		100mcg	140mcg	70mcg
Copper	2mg	2mg	3mg	2mg
Manganese	3.6mg	4mg	2mg	2mg
Chromium	120mcg	200mcg	200mcg	120mcg
Molybdenum	90mcg	100mcg	75mcg	75mcg

*Additional vitamins and minerals may be included to these supplements, the following comparison are of those focused on by ASMBS.

****NOTE: the form of a vitamin and/or mineral is just as important as the amount when it comes to obtaining the best absorption. Type of WLS significantly effects vitamin supplementation recommendations. ASK before choosing an OTC vitamin as main source of supplementation to ensure you are meeting the recommended bariatric needs.**