

Sample Schedule

8 a.m.

Breakfast

- **Multivitamin with Iron and Zinc**

Take **one** of the following approved brands:

- 1 Flintstone's™ Complete
- 1 Centrum® Complete
- 1 One-A-Day® Women's
- 1 Bariatric Advantage® Complete Multivitamin
- 1 Bariatric Advantage® Vitaband

- **1000 mcg Sublingual B12**

10:30 a.m.

Mid-morning

- **500-600 mg Calcium Citrate with Vitamin D**

Take **one** of the following approved brands:

- 2 tablets of Citracal regular
- 3 tablets Citracal petite
- 2 Bariatric Advantage® calcium chewy bites
- 1 Bariatric Advantage® lozenge

1 p.m.

Lunch

- **500-600 mg Calcium Citrate with Vitamin D**

3:30 p.m.

Mid-afternoon

- **29 mg Ferrous Fumarate (Vitamin C included)**

Approved brand: Bariatric Advantage® – Passion fruit flavor

6 p.m.

Dinner

- **Multivitamin with Iron and Zinc**

10 p.m.

Bedtime

- **500-600 mg Calcium Citrate with Vitamin D**