

## Complete Chewable Vitamin and Mineral Supplement

A vitamin and mineral supplement designed and formulated by a Bariatric Surgical Team to meet your needs. The chewable supplement provides the highest amounts of what the team believes are the key micronutrients vital for weight loss surgery patients. The unique, all-inclusive formula uses the most biologically available vitamins and minerals to maximize absorption. Offered in three great tasting flavors.

- Custom vitamin and mineral supplement for the bariatric patient
- Designed by a team of medical professionals for you
- Cost effective - no other supplements needed
- 100% sugar free
- Contains the most biologically available form of important micronutrients
- No Vitamin K to interfere with oral anti-coagulants
- All minerals in chelated form for better absorption
- Contains higher amounts of Calcium, Biotin, Thiamin and Vitamin D
- Vitamin B12 in the form of methylcobalamin
- A flavor for everyone - orange cream, mixed berry, or wild cherry
- Meets all major nutritional guidelines of ASMBS, The Obesity Society, and the Endocrine Society

- **No additional supplements required**
- **Improved patient compliance**
- **Costs less than other supplements**
- **Contains the most daily Vitamin B12 and Calcium on the market**
- **All minerals in chelated form**
- **Three great flavors**

**1 tablet 4 times daily**  
GASTRIC BYPASS AND SLEEVE GASTRECTOMY

**Chew 2 tablets daily**  
ADJUSTABLE GASTRIC BAND

### SUPPLEMENT FACTS

AMT. PER SERVING	% DAILY VALUE*
Calories <5	
Total Fat 0g	0%
Total Carbohydrates 1.4g	< 1%
Sugar <1g	
Total Protein 0g	0%
Vitamin A 1875IU	37%
Vitamin C 45mg	75%
Vitamin D3 750IU	175%
Vitamin E 7.5IU	25%
Vitamin B1 3mg	200%
Vitamin B2 425mcg	25%
Vitamin B3 5mg	25%
Vitamin B6 500mcg	25%
Vitamin B9 200mcg	50%
Vitamin B12 140mcg	2333%
Biotin 150mcg	50%
Pantothenic Acid 2.5mg	25%
Calcium 300mg	30%
Iron 11.25mg	42%
Iodine 37.5mcg	25%
Magnesium 100mg	25%
Zinc* 7.5mg	50%
Selenium* 17.5mcg	25%
Copper* 0.5mg	25%
Manganese* 0.5mg	25%
Chromium* 30mg	25%
Molybdenum* 18.75mcg	25%

\* % DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET

SERVING SIZE: 1 TABLET



# ONE BOTTLE ONE SOLUTION

2 Chewable Tablets in the AM and 2 in the PM.  
This meets or exceeds all ASMBs Nutritional Guidelines!



Complete Chewable Vitamin & Mineral Supplement

MIXED BERRY FLAVOR

120 TABLETS

DIETARY SUPPLEMENT

This all inclusive formulation was developed by health care professionals to meet the needs of their own bariatric patients. Designed to provide maximum absorption of essential vitamins and minerals, **Dr. Mona Misra Total Health Support** is the only supplement you need!†

**Directions:** General Wellness: Chew 1 tablet daily.  
Gastric Bypass and Sleeve Gastrectomy: Chew 1 tablet, 4x daily.  
Adjustable Gastric Band and IntraGastric Balloon: Chew 2 tablets daily.

### Supplement Facts

Amount Per Serving	%Daily Value**	Amount Per Serving	%Daily Value**
<b>Calories</b> <5		Vitamin B <sub>12</sub>	140mcg 2333%
<b>Total Fat</b> 0g	0%	Biotin	150mcg 50%
<b>Total Carbohydrates</b> 1.4g	<1%	Pantothenic Acid	2.5mg 25%
Sugar <1g	†	Calcium	300mg 30%
<b>Total Protein</b> 0g	0%	Iron	11.25mg 63%
Vitamin A	1875IU 37%	Iodine	37.5mcg 25%
Vitamin C	45mg 75%	Magnesium	100mg 25%
Vitamin D3	750IU 175%	Zinc*	7.5mg 50%
Vitamin E	7.5IU 25%	Selenium*	17.5mcg 25%
Vitamin B <sub>1</sub>	3mg 200%	Copper*	0.5mg 25%
Vitamin B <sub>2</sub>	425mcg 25%	Manganese*	0.5mg 25%
Vitamin B <sub>3</sub>	5mg 25%	Chromium*	30mcg 25%
Vitamin B <sub>5</sub>	500mcg 25%	Molybdenum*	18.75mcg 25%
Vitamin B <sub>6</sub>	200mcg 50%		

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

INGREDIENTS: Sucrose, Calcium Carbonate, Sorbitol Powder, Magnesium Oxide, Natural & Artificial Mixed Berry Flavor, Starch, Stearic Acid, Calcium Citrate, Ascorbic Acid, Zinc Amino Acid Chelate, Citric Acid, Ferrous Fumarate, Magnesium Stearate, d-Alpha-Tocopheryl Acetate, Biotin, Methylcobalamin, Molybdenum Chelate, Sucralose, Selenium Chelate, Cholecalciferol, Silicon Dioxide, Nicotinamide, Copper Amino Acid Chelate, FD&C Red #40, Vitamin A Acetate, Thiamine Mononitrate, D-Calcium Pantothenate, Manganese Chelate, Folic Acid, FD&C Blue #1, Chromium Amino Acid Chelate, Pyridoxal 5 Phosphate Monohydrate, Riboflavin, Potassium Iodide.

Contains: Soy

### IRON WARNING

Keep this product out of reach of children. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

If you are pregnant or nursing, contact your health care provider before using this product.



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## Key Nutrient Comparison

Key Nutrients	Dr. Mona Misra Complete (x 4 tabs)	Centrum Silver Chewables (x2 tabs)	ASMBs Guidelines
Vitamin A	7500 IU	8000 IU	5000 IU - 10000 IU
Vitamin D3	3000 IU	800 IU	3000 IU
Folic Acid	800 mcg	800 mcg	400 mcg - 800 mcg
Vitamin C	180 mg	150 mg	120 mg
Vitamin B12	560 mcg	50 mcg	350 mcg - 500 mcg
Thiamine	12 mg	4.4 mg	12 mg
Biotin	600 mcg	90 mcg	600 mcg
Calcium	1200 mg	400 mg	1200 mg – 1500 mg
Iron	45 mg	0 mg	45 mg - 60 mg
Zinc	30 mg	30 mg	16 mg - 22 mg
Copper	2 mg	4 mg	2 mg
Monthly Cost with Additional Supplements	24.99	29.00	
Additional supplements needed?	None	D, B12, Thiamine, Biotin, Calcium, Iron	
Total Daily Tablets	4	9	