









Bariatric Brand of Multivitamin	Cost Per Month	Dose Per Day	Where to Buy
Bariatric Advantage Ultra Solo W/Iron Capsule 	\$17.32	1	www.bariatricadvantage.com
Bariatric Advantage Ultra Solo W/Iron Chewable 	\$17.32	1	www.bariatricadvantage.com
Celebrate Multi Complete 36 Chewable 	\$17.65	2	www.celebratevitamins.com
Procare Health Bariatric Multi Capsule w/18mg iron 	\$13.33	1	www.procarenow.com
Procare Health Bariatric Multi Chewable w/18mg iron 	\$11.66	1	www.procarenow.com

OTC Brand of Multivitamin	Cost Per Month	Dose Per Day	What's Missing
Centrum Adult Chewables 	\$6.66	2	Need additional B1, B12, Vitamin D, Vitamin K
Centrum Fresh and Fruity Adult Chewables 	\$8.66	2	Need additional B1 (9mg+), B12 (350mcg+)

Options for Additional Vitamins Needed *prices may vary, any brand acceptable:

Nature Made B1 100mg 	\$3.33	Nature Made Vitamin D3 2000 IU 	\$0.59
Nature's Bounty 500mcg B12 	\$3.00	Nature Made Vitamin K 100mcg 	\$1.00
Solgar Dry Vitamin A 5000 IU 	\$2.85	Citrical Maximum Calcium Citrate 630mg 	\$6.00