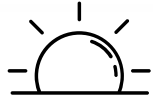


Sample Vitamin Schedule

Ultra Multi with Iron: 3/day



Morning

1 Calcium



Mid-day Meal

1 Ultra Multi with iron



Mid-afternoon

1 Calcium



Evening Meal

2 Ultra Multi with iron



Bedtime

1 Calcium

Take anytime:

- biotin 1/day
- omegas 2/day
- probiotic
- Meriva 1-4/day
- Amino Complex 1 scoop/day

Calcium options = 500 mg calcium citrate

- 1 BA calcium chewy bite (3/day)
- 1 BA calcium chewable tablet (3/day)
- 1 Tablespoon (1/2 ounce) Nature Way liquid (3/day)

**take each dose at least 2 hours apart or follow the sample schedule above*

**separate calcium and iron by 2 hours*

If you have any questions about when you should be taking certain vitamins, please contact our office at (210) 651-0303 or email our dietitian, Heidi Jensen MS, RDN, LD at heidi@sagebariatric.com.