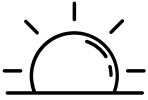


Sample Vitamin Schedule

Advanced Multi EA: 2/day



Morning

1 Calcium



Mid-day Meal

1 Advanced Multi EA



Mid-afternoon

1 Calcium



Evening Meal

1 Advanced Multi EA



Bedtime

1 Calcium

Take anytime:

- biotin 1/day
- omegas 2/day
- probiotic
- Curcumin Phytosome 1-4/day
- Amino Complex 1 scoop/day
- Therapeutic Vitamin D if needed

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) or 3 Tablespoons in a bottle of water
- *take each dose at least 2 hours apart or follow the sample schedule above*
- *separate calcium and iron by at least 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.