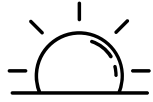


# Sample Vitamin Schedule

## Ultra Multi with Iron: 3/day

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Morning

1 Calcium

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Mid-day Meal

1 Ultra Multi with iron

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Mid-afternoon

1 Calcium

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Evening Meal

2 Ultra Multi with iron

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Bedtime

1 Calcium

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### 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 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](mailto:heidi@sagebariatric.com).