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› ProCare Health Bariatric Multivitamin with Iron 45mg (90 Capsules) with Reduced B12 - Instruction Manual

ProCare Health Bariatric Multivitamin with Iron 45mg

ProCare Health Bariatric Multivitamin with Iron 45mg (90 Capsules) Instruction Manual

INTRODUCTION

This manual provides essential information for the proper use and understanding of the ProCare Health Bariatric Multivitamin with Iron 45mg. This supplement is formulated to support individuals who have undergone bariatric surgery, including gastric bypass, sleeve gastrectomy, and duodenal switch procedures. Adherence to these instructions is important for optimal nutritional support.

PRODUCT OVERVIEW

The ProCare Health Bariatric Multivitamin is a comprehensive dietary supplement designed to meet the unique nutritional needs of bariatric patients. Key features include:

- **Specialized Formulation:** Designed for gastric bypass and sleeve gastrectomy patients, featuring 500 mcg of reduced B12 to enhance nutrient absorption.
- **Comprehensive Support:** An all-in-one multivitamin providing essential nutrients, reducing the need for multiple separate supplements.
- **Iron Content:** Contains 45mg of gentle iron per serving, formulated to minimize digestive discomfort, crucial for post-bariatric surgery recovery.
- **Fast-Dissolving Capsules:** Vegetable-based capsules designed for quick dissolution and gentle action on the stomach.
- **Quality Assurance:** Independently tested by third parties for quality, potency, and purity, developed in line with ASMBS guidelines.



For Gastric Sleeve



PRO CARE HEALTH®
HELPING YOU MAINTAIN A BALANCED LIFE

**BARIATRIC
MULTIVITAMINS
SPECIAL 45**

with
**500mcg B12
L-Methylfolate
45mg Iron**

**1 ONCE
DAILY**

90 capsules

Dietary Supplement

Image: Front view of the ProCare Health Bariatric Multivitamin bottle, highlighting 'Bariatric Multivitamins Special 45' and 'Once Daily 90 capsules'.

Once-Daily Multivitamins



One Capsule a Day

Simple daily support for your nutrient needs.



24+ Nutrients

Formulated in bariatric-friendly amounts and bioavailable nutrient forms.



Optimized Absorption

Fast-dissolving capsule with no aftertaste.



45mg of Iron

Built to support healthy levels post-surgery.



Image: Infographic detailing key features: One Capsule a Day, 24+ Nutrients, Optimized Absorption, and 45mg of Iron. Also shows 'Made in USA' and 'Third Party Tested & Verified' seals.

SETUP

No specific setup is required for this product. Upon receiving the product, ensure the safety seal is intact before opening. Store the bottle as directed in the 'Maintenance' section.

OPERATING INSTRUCTIONS (DOSAGE)

For optimal results and to meet post-bariatric surgery nutritional guidelines, follow these dosage instructions:

- **Recommended Dosage:** Take one (1) capsule daily.
- **Timing:** It is generally recommended to take the capsule with a meal to enhance absorption and minimize potential stomach upset. Consult your healthcare provider for personalized advice regarding timing relative to other medications or meals.
- **Administration:** Swallow the capsule whole with water. Do not crush or chew.

EMPOWER YOUR RECOVERY
with Bariatric-Friendly Multivitamin Support

Gastric Bypass

Gastric Sleeve

SADI & DS

Bariatric Revision

Once - Daily
30-Day Servings

Developed with Bariatric Doctors and Dieticians

Image: Graphic illustrating the multivitamin's suitability for Gastric Bypass, Gastric Sleeve, SADI & DS, and Bariatric Revision procedures.

MAINTENANCE AND STORAGE

Proper storage ensures the potency and integrity of the multivitamin:

- **Storage Conditions:** Store in a cool, dry place, away from direct sunlight and moisture.
- **Temperature:** Maintain at room temperature (e.g., 68-77°F or 20-25°C).
- **Child Safety:** Keep out of reach of children.
- **Container:** Keep the bottle tightly closed when not in use.

TROUBLESHOOTING

If you experience any issues while taking this supplement, consider the following:

- **Digestive Upset:** If mild stomach upset occurs, try taking the capsule with a larger meal or at a different time of day. The gentle iron formulation is designed to minimize this, but individual reactions vary.
- **Missed Dose:** If you miss a dose, take it as soon as you remember. If it is close to the time for your

next dose, skip the missed dose and resume your regular schedule. Do not double dose.

- **Persistent Concerns:** If you experience persistent or severe side effects, discontinue use and consult your healthcare provider immediately.

SPECIFICATIONS

Attribute	Detail
Brand	ProCare Health
Flavor	Unflavored
Primary Supplement Type	Multivitamins
Unit Count	90 Count
Item Form	Capsule
Product Benefits	Brain Health Support, Metabolism Management
Age Range (Description)	Adult
Number of Items	1
Dosage Form	Capsule
Package Dimensions	4.29 x 2.24 x 2.17 inches
Item Weight	3.84 ounces
Manufacturer	ProCare Health
ASIN	B083VTN9QB
UPC	650415946099

Complete Nutrition for Post-Surgery Success



Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 90

	Amount Per Serving	%Daily Value
Vitamin A (75% as beta-carotene, 25% as retinyl palmitate)	1,500 mcg RAE (5,000 IU)	167%
Vitamin C (as ascorbic acid)	130 mg	144%
Vitamin D (as cholecalciferol [D3])	75 mcg (3,000 IU)	375%
Vitamin E (as d-alpha tocopheryl succinate)	40.2 mg (60 IU)	268%
Vitamin K (as phytonadione [K1])	120 mcg	100%
Thiamine (vitamin B1) (as thiamine HCl)	25 mg	2,083%
Riboflavin (vitamin B2)	12 mg	923%
Niacin (as niacinamide [B3])	40 mg NE	250%
Vitamin B6 (as pyridoxine HCl)	12 mg	706%
Folate (as L-methylfolate)	800 mcg DFE	200%
Vitamin B12 (as methylcobalamin & Cyanocobalamin)	500 mcg	20,833%
Biotin	600 mcg	2,000%
Pantothenic Acid (as D-calcium pantothenate)	20 mg	400%
Iron (as ferrous fumarate)	45 mg	250%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, magnesium amino acid chelate & magnesium citrate)	100 mg	24%
Zinc (as zinc oxide & zinc amino acid chelate)	16 mg	145%
Selenium (as selenium amino acid chelate)	100 mcg	182%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese sulfate)	2 mg	87%
Chromium (as chromium picolinate)	100 mcg	286%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	167%

Other Ingredients: Hypromellose (Capsule), Microcrystalline Cellulose, Magnesium Stearate (Vegetarian)

Easy To Swallow

500 mcg

Vitamin B12

(as methylcobalamin & Cyanocobalamin)

Image: Detailed Supplement Facts panel showing nutrient amounts per serving and daily values, including 500mcg Vitamin B12 and 45mg Iron.

IMPORTANT SAFETY INFORMATION

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Always consult with a healthcare professional before starting any new supplement, especially after bariatric surgery.

Proposition 65 Warning: This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

WARRANTY INFORMATION

ProCare Health is committed to providing high-quality products. For specific warranty or satisfaction guarantee details, please refer to the product packaging or contact ProCare Health customer service directly. General satisfaction policies typically cover manufacturing defects or product integrity issues.

SUPPORT

For further assistance, questions, or concerns regarding your ProCare Health Bariatric Multivitamin, please contact ProCare Health customer support. Contact information can typically be found on the product packaging or on the official ProCare Health website.

You can also visit the [ProCare Health Store on Amazon](#) for additional product information and resources.