



Iron Capsule

Bariatric Advantage® Iron capsule includes thiamin and copper, as well as vitamin C to aid iron absorption. It provides the minimum recommended daily amount of iron for individuals following RYGB, SG, and BPD/BPD-DS procedures as recommended by ASMBS. This capsule makes an ideal complement to Bariatric Advantage Multi Chewy Bite multivitamins.

Form: Array

Flavor:

Size:

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Iron deficiency is one of the most common deficiencies seen with patients of all bariatric procedure types and a capsule form is often preferred over chewable tablets for long-term supplementation by some bariatric surgery patients.

ASMBS guidelines call for a minimum of 18 mg of iron per day for patients of all bariatric procedure types and many female patients need 45-60 mg per day.²

Vitamin C can help with the absorption of iron. Iron and calcium should be taken two hours apart. Calcium has been shown to reduce iron absorption after a meal by 50-60%.

Iron carries oxygen and plays a critical role in enzyme functions, immune function, growth, and development.

^{1,2}. ASMBS Allied Health Nutritional Guidelines for the Surgical Weight Loss Patient-2016 Update: Micronutrients, Parrott et al., Surg Obes Relat Dis 2017;S1550-7289(16):30882-6.

Nutrient	Amount		%DV
Vitamin C (as ascorbic acid)	200	mg	333%
Iron (as ferrous fumarate)	22.5	mg	125%

Serving Size 1 Capsule