



Vitamin B50 Complex

Bariatric Advantage B-50 Complex high-potency, easy-digest mini capsules deliver a full spectrum of essential B vitamins with key B-vitamins in activated form to support bioavailability and function.

Form: Array

Flavor:

Size:

Bariatric Advantage B-50 Complex is a high-potency easy-digest mini capsule that delivers a full spectrum of essential B vitamins with key B-vitamins in the activated methylated form to support bioavailability and function.

B Vitamin deficiencies including vitamins B1, B6, B12, and folate, have been found with patients of most bariatric procedure types due to reduced dietary intake. All B vitamins with exception of B12, are not stored in the body for a long time and require continual intake, especially when dietary intake is low, and by those experiencing weight loss, nausea, or vomiting.

ASMBS guidelines list a high potency B vitamin complex as an optional daily product for all patients of bariatric procedures types.¹

Several B vitamins are necessary for carbohydrate metabolism.*

Vitamin B1 is most important to the brain and cardiovascular system, but also plays important roles in converting food to energy, as well as muscle contraction and nervous system health.*

Vitamin B12 is a cofactor in essential physiological reactions, and plays a very important role for the nervous system, brain, heart, blood cell production, and DNA.

All B vitamins except for B12, are not stored in the body for a long time, and require frequent and continual intake, especially when dietary intake is low, and with those experiencing rapid weight loss, nausea, or vomiting.

1. Aills L. et al. ASMBS Allied Health Nutritional Guidelines for the Surgical Weight Loss Patient. Surgery for Obesity and Related Diseases, Volume 4, Issue 5, S73-S108.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease."

Dose = 2 capsules or as recommended
Two Capsules Contain:

Nutrient	Amount	%DV
Thiamine (Thiamine Mononitrate)	50 mg	3333%
Folate (50% as calcium folinate, 50% folic acid USP)	400 mcg	100%
Vitamin B12 (50% cyanocobalamin, 50% methylcobalamin)	250 mcg	4167%
Riboflavin USP	50 mg	2941%
Niacin (Niacinamide)	50 mg	250%

Vitamin B6 (80% pyridoxine hydrochloride, 20% pyridoxyl-5-phosphate)	50 mg	2500%
Biotin	500 mcg	167%
Pantothenic Acid	50 mg	500%
Choline	25 mg	NA
Inositol	25 mg	NA
Para-aminobenzoic Acid	100 mg	NA

