



Calcium Citrate Chewy Bites 250mg (1 Flavor)

Bariatric Advantage Calcium Citrate Chewy Bite 250 mg is specially formulated for bariatric patients.

- **250 mg calcium from only calcium citrate**
- **125 IU of vitamin D₃ to support calcium absorption**
- **Sugar-free [not a low-calorie food]**
- **Gluten-free**
- **Individually wrapped.**

Chocolate and Lemon flavors are available while supplies last.

Form: Array

Flavor:

Size:

Bariatric Advantage **Calcium Citrate Chewy Bite 250 mg** is specially formulated for bariatric patients, utilizing 250 mg calcium from only calcium citrate and delivering 125 IU of vitamin D₃ to support calcium absorption. Available in delicious flavors like Chocolate, Caramel, Raspberry, and Lemon. Sugar-free. Individually wrapped.

- Calcium citrate is more bioavailable than some other forms of calcium, and is recommended for bariatric patients.¹ It can be taken any time of the day, with or without food while other forms of calcium need to be taken with food for absorption. Additionally, calcium citrate may be more easily absorbed by patients who have had bariatric procedures that result in reduced stomach acids, as it does not require stomach acids for absorption.¹ Calcium requires vitamin D₃ for absorption.

ASMBS guidelines call for 1,200-1,500 mg calcium per day for patients most bariatric procedure types, with the exception of Biliopancreatic Diversion/Duodenal Switch (BPD-DS) patients, where they call for 1,800-2,400 mg per day.² Divided doses are recommended with no more than 500 mg being consumed at once.

Calcium is a critical nutrient for bones and teeth—99% of calcium is found in teeth and bones. It also plays an important role in tissue health and nervous system health, along with muscle contraction.*

1. [Stein J, Stier C, Raab H, et al. Review article: the nutritional and pharmacological Consequences of obesity surgery. Al Pharm Ther 2014;40:582-609.](#)
2. [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."
