



Chocolate Raspberry Iron Chewy Bite

Bariatric Advantage Iron Chewy Bite 30 mg features ferric orthophosphate, a bioavailable form of iron with a pleasant taste, along with added vitamin C to support iron absorption. Not a low-calorie food.

- **Delicious Raspberry Truffle flavor**
- **Sugar-free**
- **Individually wrapped**

Form: Array

Flavor:

Size:

Bariatric Advantage Iron Chewy Bite 30 mg Raspberry Truffle flavor features ferric orthophosphate, a bioavailable form of iron with no iron taste, along with added vitamin C to support iron absorption. Delicious, sugar-free, and Individually wrapped. Not a low-calorie food.

Iron deficiency is one of the most common deficiencies seen with patients of all bariatric procedure types.

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.¹

Iron supplements should include vitamin C to help 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. Parrott J, Frank L, et al. ASMBS. Micronutrients, Surgery for Obesity and Related Diseases. Integrated Health Nutritional Guidelines For The Surgical Weight Loss Patient \(2016\).](#)

Nutrient	Amount		%DV
Iron	30	mg	167%
Vitamin C	60	mg	100%
Sodium	10	mg	≤1%

Dose = 1 Chew daily or as directed.