



Passion Fruit Chewable Iron 29mg

Bariatric Advantage Chewable Iron 29 mg features both Ferronyl® carbonyl iron and ferrous fumarate along with added vitamin C to support iron absorption. Available in delicious passion fruit flavor. No iron taste.

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.

ASMBS guidelines call for a minimum of 18-27 mg of iron per day for patients of all bariatric procedure types, and many patients need 45-60 mg per day and should include vitamin C to help increase absorption.

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.

Nutrient	Amount		%DV
Iron (Ferronyl® carbonyl iron)	29	mg	161%
Vitamin C	60	mg	100%
Fructooligosaccharides (FOS)	10	mg	NA

Dose = 1 Tablet per day or as recommended