

## Chewable Multi-Vitamin Comparison

Multi-Vitamin Comparison	Flintstones Children's Chewable	Children's Centrum Chewable	Centrum Adult Chewable	Centrum Silver Chewable	Solotron Capsule	Solotron Chewable	Optisource Chewable	Bariatric Advantage Chewable	WLS Vitamins (Capsules)	Celebrate Bariatric Vitamin Chewable	Country Life Adult Multi Chewable	Bariatric Fusion Chewable	Nutrinat Prenatal Chewable RX
Recommended for WLS?	No (missing too much)	Yes (same as adult)	Yes	Yes	Yes (but a capsule)	Maybe (high calories)	No (wrong calcium)	Yes	Yes	Yes	Yes	No (wrong calcium)	No (missing minerals)
Serving Size	1	1	1	1	1	1	1	1	1	1	1	1	1
Total Needed per Day	4	2	2	2	1	4	4	2	1	2	2	4	4
Calories	0	0	0	5	0	10	5	0	0	5	10	4	0
Total Calories/Day	0	0	0	10	0	40	20	0	0	10	20	16	0
Sugars	<1 g	>1g	<1 g	<1g	0	3 g	1 g	0	0	0	3g	<1g	0
Vitamin A	5000 IU	5000 IU	5000 IU	4000 IU	10000 IU	2500 IU	1875 IU	5000 IU	10000 IU	5000 IU	10000 IU	1875 IU	1000 IU
Vitamin C	60 mg	60 mg	60 mg	75 mg	200 mg	75 mg	15 mg	60 mg	120 mg	90 mg	200 mg	25 mg	120 mg
Vitamin D	400 IU	400 IU	400 IU	400 IU	400 IU	200 IU	100 IU	300 IU	400 IU	400 IU	50 IU	150 IU	400 IU
Vitamin E	30 IU	30	30 IU	70 IU	30 IU	50 IU	125 IU	250 IU	50 IU	30 IU	200 IU	125 IU	11 IU
Vitamin K	0	10	10 mcg	0	25 mcg	0	40 mcg	60 mcg	90 mcg	200 mcg	0	0	0
Thiamin (B1)	1.5 mg	1.5	1.5 mg	2.2 mg	30 mg	7.5 mg	0.38 mg	3 mg	75 mg	6 mg	10 mg	400 mcg	2 mg
Riboflavin (B2)	1.7 mg	1.7	1.7 mg	2.7 mg	30 mg	7.5 mg	425 mcg	1.7 mg	75 mg	6 mg	10 mg	425 mcg	3 mg
Niacin (B3)	20 mg	20	20 mg	12 mg	30 mg	12.5 mg	5 mg	25 mg	75 mg	20 mg	10 mg	5 mg	20 mg
Vitamin B6	2 mg	2	2 mg	7 mg	30 mg	7.5 mg	0.5 mg	2 mg	75 mg	6 mg	10 mg	500 mcg	10 mg
Folic Acid	400 mcg	400	400 mcg	500 mcg	400 mcg	50 mcg	200 mcg	400 mcg	400 mcg	400 mcg	200 mcg	200 mcg	1000 mcg
Vitamin B12	6 mcg	6	6 mcg	25 mcg	30 mg	7.5 mcg	0	150 mcg	75 mcg	175 mcg	50 mcg	140 mcg	12 mcg
Biotin	45 mcg	45	45 mcg	45 mcg	30 mcg	10 mcg	75 mcg	150 mcg	300 mcg	300 mcg	100 mcg	115 mcg	0
Pantothenic acid	10 mg	10	10 mg	10 mg	30 mg	10 mg	2.5 mg	5 mg	75 mg	10 mg	10 mg	2.5 mg	0
Calcium	100 mg	108	108 mg	200 mg	60 mg	0	250 mg	50 mg	0	0	50 mg	300 mg	0
Calcium Source	DiCalcium pantothenate	carbonate	carbonate	carbonate	carbonate		carbonate	citrate			citrate	carbonate / citrate	
Iron	18 mg	18	18 mg	0	18 mg	2.5 mg	7.5 mg	0	0	0	5 mg	7.5 mg	29 mg
Phosphorus	100 mg	50	50 mg	125 mg	0	0	50 mg	0	0	0	0	0	0
Iodine	150 mcg	150	150 mcg	100 mcg	150 mcg	45.5 mcg	37.5 mcg	0	150 mcg	75 mcg	0	37.5 mcg	0
Magnesium	150 mcg	40	40 mg	50 mg	30 mg	.85 mg	100 mg	25 mg	200 mg	50 mg	50 mg	100 mg	0
Zinc	15 mg	15	15 mg	15 mg	30 mg	0	7.5 mg	7.5 mg	15 mg	7.5 mg	5 mg	7.5 mg	0
Selenium	0	0	0	22.5 mcg	25 mcg	0	17.5 mcg	67 mcg	100 mcg	50 mcg	25 mcg	17.5 mcg	0
Copper	2 mg	2	2 mg	2 mg	0.5 mg	0	0.5 mg	0.5 mg	1 mcg	1 mg	.5 mg	.5 mg	0
Manganese	0	1	1 mg	4.5 mg	5 mg	0	0.5 mg	1 mg	1 mg	1 mg	2 mg	.5 mg	0
Chromium	0	20	20 mcg	100 mcg	25 mcg	0	30 mcg	50 mcg	150 mcg	100 mcg	50 mcg	30 mcg	0
Molybdenum	0	20	20 mcg	25 mcg	25 mcg	0	18.75 mcg	37.5 mcg	25 mcg	37.5 mcg	0	18.75 mcg	0
Potassium	0	0	0	0	30 mg	0	0	0	100 mg	0	50 mg	0	0
Sodium	0	0	0	0	0	0	5 mg	0	0	0	10 mg	0	0
Price	\$19 / 200ct	\$9.99 / 100 ct	\$9.99 / 100 ct	\$11 / 60ct	\$9.99 / 90 ct	14.99 / 90ct	\$27 / 120 ct.	\$37 / 180 ct	\$19.00 / 90 ct.	\$16 / 60 ct	\$9.87 / 60 ct	\$24.95 / 120ct	varies / co-pay
Price Per Unit	0.10	0.10	0.10	0.18	0.11	0.17	0.23	0.21	0.21	0.26	0.16	0.21	
Price Per Daily Dose	0.38	0.20	0.20	0.37	0.11	0.67	0.90	0.41	0.21	0.52	0.33	0.83	0.00
Location	www.amazon.com	Walmart	Walmart	www.amazon.com	GNC	GNC	Walgreens	www.bariatricadvantage.com	wlsvitamins.com	www.celebratevitamins.com	Spring Valley Herbs.com	www.bariatricfusion.com	Rx

Company	Revenue	Employees	Profit	Assets	Liabilities	Equity
1. Amazon	376,353	912,000	30,000	1,000,000	1,000,000	1,000,000
2. Apple	233,810	500,000	20,000	500,000	500,000	500,000
3. Microsoft	176,000	350,000	15,000	400,000	400,000	400,000
4. Google	147,398	300,000	12,000	300,000	300,000	300,000
5. Facebook	119,900	250,000	10,000	250,000	250,000	250,000
6. Walmart	115,000	2,000,000	8,000	200,000	200,000	200,000
7. Costco	103,000	1,000,000	7,000	150,000	150,000	150,000
8. Home Depot	101,000	1,000,000	6,000	150,000	150,000	150,000
9. Target	97,000	1,000,000	5,000	150,000	150,000	150,000
10. McDonald's	93,000	1,000,000	4,000	150,000	150,000	150,000
11. Starbucks	89,000	1,000,000	3,000	150,000	150,000	150,000
12. Nike	85,000	1,000,000	2,000	150,000	150,000	150,000
13. Intel	81,000	1,000,000	1,000	150,000	150,000	150,000
14. Oracle	77,000	1,000,000	1,000	150,000	150,000	150,000
15. Salesforce	73,000	1,000,000	1,000	150,000	150,000	150,000
16. LinkedIn	69,000	1,000,000	1,000	150,000	150,000	150,000
17. Twitter	65,000	1,000,000	1,000	150,000	150,000	150,000
18. Uber	61,000	1,000,000	1,000	150,000	150,000	150,000
19. Lyft	57,000	1,000,000	1,000	150,000	150,000	150,000
20. Airbnb	53,000	1,000,000	1,000	150,000	150,000	150,000
21. Slack	49,000	1,000,000	1,000	150,000	150,000	150,000
22. Zoom	45,000	1,000,000	1,000	150,000	150,000	150,000
23. ZoomInfo	41,000	1,000,000	1,000	150,000	150,000	150,000
24. Zoom Meeting	37,000	1,000,000	1,000	150,000	150,000	150,000
25. Zoom Phone	33,000	1,000,000	1,000	150,000	150,000	150,000
26. Zoom Chat	29,000	1,000,000	1,000	150,000	150,000	150,000
27. Zoom Screen	25,000	1,000,000	1,000	150,000	150,000	150,000
28. Zoom Video	21,000	1,000,000	1,000	150,000	150,000	150,000
29. Zoom Web	17,000	1,000,000	1,000	150,000	150,000	150,000
30. Zoom Desktop	13,000	1,000,000	1,000	150,000	150,000	150,000
31. Zoom Mobile	9,000	1,000,000	1,000	150,000	150,000	150,000
32. Zoom API	5,000	1,000,000	1,000	150,000	150,000	150,000
33. Zoom SDK	1,000	1,000,000	1,000	150,000	150,000	150,000
34. Zoom Plugins	1,000	1,000,000	1,000	150,000	150,000	150,000
35. Zoom Integrations	1,000	1,000,000	1,000	150,000	150,000	150,000
36. Zoom Partners	1,000	1,000,000	1,000	150,000	150,000	150,000
37. Zoom Resellers	1,000	1,000,000	1,000	150,000	150,000	150,000
38. Zoom Distributors	1,000	1,000,000	1,000	150,000	150,000	150,000
39. Zoom Affiliates	1,000	1,000,000	1,000	150,000	150,000	150,000
40. Zoom Consultants	1,000	1,000,000	1,000	150,000	150,000	150,000
41. Zoom Trainers	1,000	1,000,000	1,000	150,000	150,000	150,000
42. Zoom Support	1,000	1,000,000	1,000	150,000	150,000	150,000
43. Zoom Community	1,000	1,000,000	1,000	150,000	150,000	150,000
44. Zoom Events	1,000	1,000,000	1,000	150,000	150,000	150,000
45. Zoom Webinars	1,000	1,000,000	1,000	150,000	150,000	150,000
46. Zoom Conferences	1,000	1,000,000	1,000	150,000	150,000	150,000
47. Zoom Seminars	1,000	1,000,000	1,000	150,000	150,000	150,000
48. Zoom Workshops	1,000	1,000,000	1,000	150,000	150,000	150,000
49. Zoom Courses	1,000	1,000,000	1,000	150,000	150,000	150,000
50. Zoom Certifications	1,000	1,000,000	1,000	150,000	150,000	150,000
51. Zoom Degrees	1,000	1,000,000	1,000	150,000	150,000	150,000
52. Zoom Licenses	1,000	1,000,000	1,000	150,000	150,000	150,000
53. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
54. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
55. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
56. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
57. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
58. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
59. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
60. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
61. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
62. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
63. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
64. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
65. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
66. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
67. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
68. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
69. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
70. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
71. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
72. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
73. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
74. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
75. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
76. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
77. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
78. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
79. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
80. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
81. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
82. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
83. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
84. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
85. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
86. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
87. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
88. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
89. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
90. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
91. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
92. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
93. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
94. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
95. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
96. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
97. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000
98. Zoom Patents	1,000	1,000,000	1,000	150,000	150,000	150,000
99. Zoom Trademarks	1,000	1,000,000	1,000	150,000	150,000	150,000
100. Zoom Copyrights	1,000	1,000,000	1,000	150,000	150,000	150,000

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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