

## DEAR COLLEAGUE,



Bariatric Fusion is a globally recognized nutraceutical company specializing in development, manufacturing, and distribution of bariatric specific nutritional vitamins and meal replacement protein. All products are formulated in partnership with medical and clinical professionals. Our sole focus is to ensure that optimal amounts of required bariatric vitamins and nutrients vital for

patients who have undergone weight loss surgery are engineered into all our products. Bariatric Fusion continuously works with healthcare providers around the world, gathering patient input to better define strict compliance requirements, allowing patients to meet these needs post-operatively.

Bariatric Fusion uses the most biologically available forms of essential micro/macro-nutrients in order to provide great tasting formulations with all of its products. Our company is known

worldwide as the leader in great tasting bariatric nutraceuticals and enjoys the distinction as the product-of-choice within the bariatric community.

As president of Bariatric Fusion, I lead a team of professionals serving patients in over 20 countries ensuring our product portfolio exceeds patient expectations. To best serve patients, our only objectives are:

- Create products that significantly impact the quality of life for bariatric patients
- Help patients achieve their weight loss goals

Bariatric Fusion is committed to identifying best practices for life-style nutritional solutions. Developing programs for practitioners wishing to distribute our products has contributed to that goal and we enjoy the reputation knowing that our company makes a difference each day.

Bariatric Fusion is a member of the American Society for Metabolic and Bariatric Surgery (ASMBS) Corporate Council and is committed to scientific research in a field that poses more questions than answers. We are dedicated to improving the health and wellness of bariatric patients around the world and to providing the utmost value to all practitioners involved in serving the needs of this patient population.

I am grateful for your support of Bariatric Fusion and look forward to mutually beneficial collaborations in the future.

lan N. M Cole

Sincerely,

Marc N. McCabe

Founder

BARIATRIC FUSION® is manufactured in a pharmaceutically licensed facility in accordance with the FDA and GMP (Good Manufacturing Practice). Ingredients are certified through the USP (United States Pharmacopeia) and NF (National Formulary).

# advisory **Board**



**Lillian Craggs-Dino** DHA, RDN, LDN



**Helmuth Billy** MD, FACS, FASMBS



**George M. Eid** MD, FACS, FASMBS



Marina Kurian MD, FACS, FASMBS

Scott Shikora MD, FACS, FASMBS

### complete chewable

# Vitamin & Mineral Supplement

Bariatric Fusion® – a vitamin and mineral supplement – was designed and formulated by a Bariatric Surgical Team to meet the needs of their patients. The chewable supplement provides the highest amounts of what the team believes are the key micronutrients vital for weight loss surgery patients. The unique, all-inclu-

sive formula uses the most biologically available vitamins and minerals to maximize absorption. Offered in five great tasting flavors, Bariatric Fusion® gives your patients their necessary Fuel 4 Life.





### The Best Solution for Your Patients

- Custom vitamin and mineral supplement for the bariatric patient
- Designed by a team of medical professionals for their patients
- Cost effective no other supplements needed
- 100% sugar and gluten free
- Contains the most biologically available form of important micronutrients
- No Vitamin K to interfere with oral anticoagulants
- All minerals in chelated form for better absorption
- Contains higher amounts of Calcium, Biotin,
   Thiamin and Vitamin D

#### 1 tablet 4 times daily or 2 tablets 2 times daily

GASTRIC BYPASS AND SLEEVE GASTRECTOMY

#### Chew 2 tablets daily

ADJUSTABLE GASTRIC BAND AND BALLOON

- Vitamin B12 in the form of methylcobalamin
- A flavor for everyone Orange Cream, Mixed Berry, Strawberry, Tropical, or Wild Cherry
- Meets all major nutritional guidelines of ASMBS,
   The Obesity Society, and the Endocrine Society

AMT. PER TABLET	% DAILY VALUE
	% DAIL! VALUE
Calories <5	
Total Fat 0 g	0%
Total Carbohydrate 1.4 g	<1%
Sugars <1 g	
Vitamin A (as Retinyl Acetate) 560 mcg RAE	63%
Vitamin C (as Ascorbic Acid) 45 mg	50%
Vitamin D3 (as Cholecalciferol) 18.8 mcg	94%
Vitamin E (as DL-Alpha Tocopheryl Acetate) 3.4 r	mg 23%
Vitamin B1 (Thiamine) 3 mg	250%
Vitamin B2 (Riboflavin) 0.43 mg	33%
Vitamin B3 (Niacinamide) 5 mg	31%
Vitamin B6 (Pyridoxal 5 Phosphate) 0.5 mg	29%
Folate (as Folic Acid 200 mcg) 335 mcg DFE	84%
Vitamin B12 (Methylcobalamin) 140 mcg	5833%
Biotin 150 mcg	500%
Pantothenic Acid (D-Calcium Pantothenate) 2.5 r	ng 50%
Calcium (Citrate and Carbonate) 300 mg	23%
Iron (Ferrous Fumarate) 11.3 mg	63%
lodine (Potassium lodide) 38 mcg	25%
Magnesium (Magnesium Oxide) 100 mg	24%
Zinc (Amino Acid Chelate) 7.5 mg	68%
Selenium (Amino Acid Chelate) 18 mcg	32%
Copper (Amino Acid Chelate) 0.5 mg	56%
Manganese (Amino Acid Chelate) 0.5 mg	22%
Chromium (Amino Acid Chelate) 30 mcg	86%
Molybdenum (Chelate) 18.8 mcg	42%
* % DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET ** DAILY VALUE NOT ESTABLISHED	
SERVING SIZE: 4 CHEWS	





### Multivitamin

## **Soft Chews**

Bariatric Fusion® Soft Chews are truly one of a kind. Our great tasting chews have been specially designed by our bariatric team of professionals with 20 essential vitamins & minerals that are critical for weight loss surgery. Our unique formulation also has the highest amounts of Vitamin D3, B-Complex Vitamins, and Biotin while remaining 100% Sugar-Free. The taste, consistency, and formulation make this product the best available.

- 20 vitamins and minerals
- 100% sugar-free and gluten-free
- Contains Calcium Citrate
- Contains the highest amounts of Vitamin D3, and all B-Complex vitamins, including Biotin
- Mixed Berry, Tropical, Cherry Pineapple and Watermelon flavors
- Meets all major nutritional guidelines of ASMBS, The Obesity Society, and the Endocrine Society

#### SUPPLEMENT FACTS

MT. PER SERVING	% DAILY VALUE*
Calories 30	20/#
Total Fat 1.5 g	2%*
Saturated Fat 0.5g	3%*
Total Carbohydrate 7 g	3%*
Total Sugars 0 g	**
Included 0 Added Sugars	0%*
Sugar Alcohol 6 g	**
Vitamin A (as Retinyl Palmitate) 2250 mcg	250%
Vitamin C (as Ascorbic Acid) 180 mg	200%
Vitamin D (as Cholecalciferol) 75 mcg	375%
Vitamin E (as DL-Alpha Tocopheryl Acetate) 2	7 mg 180%
Thiamin (as Thiamine Mononitrate) 12 mg	1000%
Riboflavin 1.7 mg	131%
Niacin (as Niacinamide) 20 mg	125%
Vitamin B6 (as Pyridoxine HCI) 2 mg	118%
Folate (as Folic Acid) 1333 mcg DFE	333%
(800 mcg folic acid)	
Vitamin B12 (as Cyanocobalamin) 560 mcg	23333%
Biotin 600 mcg	2000%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg 100%
Calcium (as calcium citrate) 100 mg	8%
lodine (as Potassium lodide) 150 mcg	100%
Magnesium (as Magnesium Citrate) 50 mg	13%
Zinc (as Zinc Citrate) 15 mg	100%
Selenium (as Selenomethionine) 70 mcg	100%
Chromium (as Chromium Picolinate) 120 mcg	100%
Molybdenum (as Sodium Molybdate) 75 mcg	100%
Sodium 30 mg	1%

<sup>\* %</sup> DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET \*\* DAILY VALUE NOT ESTABLISHED

SERVING SIZE: 2 CHEWS

# Multivitamin Capsules

Bariatric Fusion® Multivitamin Capsules are designed and formulated by medical professionals to provide an easy and efficient way to meet the needs of their patients. With an easy-to-swallow capsule, this unique formula uses the most biologically available bariatric vitamins and minerals to maximize absorption.

- 21 Vitamins and Minerals
- The one-per-day contains Iron
- Contains the highest amounts of Vitamin D3 and all B-Complex vitamins, including Biotin
- Easy to swallow capsules
- Both available in one month and three month supplies

#### **SUPPLEMENT FACTS**

AMT. PER SERVING	% DAI	LY VALUE*
Servings per Container: 30/90		
Vitamin A (as retinyl palmitate)	2250 mcg	250%
Vitamin C (as ascorbic acid)	180 mg	200%
Vitamin D (as cholecalciferol)	75 mcg	375%
Vitamin E (as d-alpha-tocopheryl succina	te) 20 mg	133%
Thiamin (as thiamin mononitrate)	12 mg	1000%
Riboflavin	1.7 mg	131%
Niacin	20 mg	125%
Vitamin B6 (as pyridoxine HCI)	2 mg	118%
Folate (800 mcg folic acid) 133	33 mcg DFE	333%
Vitamin B12 (as cyanocobalamin)	560 mcg2	23333%
Biotin	600 mcg	2000%
Pantothenic acid (as D-calcium pantothe	nate) 10 mg	200%
Iron (as ferrous fumarate)	45 mg	250%
lodine (from Potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	24%
Zinc (as zinc oxide)	30 mg	273%
Selenium (as selenomethionine)	70 mcg	127%
Copper (as copper oxide)	2 mg	222%
Manganese (as manganese gluconate)	2 mg	87%
Chromium (as chromium nicotinate glycinate chelate)	120 mcg	343%
Molybdenum (as sodium molybdate)	75 mcg	167%
* % DAILY VALUES ARE BASED ON A 2,000 CALORIE SERVING SIZE: 1 CAPSULE	DIET	

#### 2 Per Day Capsules Without Iron

Calcium (as calcium carbonate & calcium citrate) 200 mg 19







adek

Vitamin & Mineral Supplements

SUPPLEMENT FACTS		
AMT. PER SERVING	% DAI	LY VALUE*
Vitamin A (as retinyl palmitate)	3000 mcg	333%
Vitamin C (as ascorbic acid)	180 mg	200%
Vitamin D (as cholecalciferol)	75 mcg	375%
Vitamin E (as d-alpha-tocopheryl		
succinate)	135.2 mg	901%
Vitamin K (as phylloquinone)	300 mcg	250%
Thiamin (as thiamin HCI)	12 mg	1000%
Riboflavin	1.7 mg	131%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine HCI)	2 mg	118%
Folate 1,360 mcg DFE (815 mcg	folic acid)	340%
Vitamin B12 (as methylcobalamin)	560 mcg	23333%
Biotin	600 mcg	2000%
Pantothenic acid (as D-calcium pantothenate	e) 10 mg	200%
Iron (as ferrous fumarate)	45 mg	250%
lodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	400 mg	95%
Zinc (as zinc oxide)	30 mg	273%
Selenium (as selenium amino acid chelate)	70 mcg	127%
Copper (as copper oxide)	2 mg	222%
Manganese (as manganese amino acid chel	ate) 2 mg	87%
Chromium (as chromium picolinate)	120 mcg	343%
Molybdenum (as molybdenum amino acid chelate	e) 75 mcg	167%
* % DAILY VALUES ARE BASED ON A 2,000 CALORIE DII 3 CAPSULES	ET	
ADEK Complete Chewable		
Calcium	1200 mg	92%
* 4 CHEWABLE TABLETS		

- 22 Vitamins and Minerals
- Contains Iron
- Contains the highest amounts of Vitamin D3 and all B-Complex vitamins, including Biotin



Bariatric Fusion Multi-ADEK Complete Chewable & Capsule Formulations have been specially designed for patients that need higher levels of Vitamins A, D, E, and K. Patients that have undergone the Duodenal Switch, SIPS, or SADI-S will find our classic Mixed Berry flavor with higher levels of the vitamins that they need after weight-loss surgery. This unique, all-inclusive formula is the only supplement those patients would need after surgery. For patients taking capsules, just add bariatric fusion calcium soft chews to your regiment to maintain complete nutrition.

## side by side

# **How We Compare**

2 Chewable Tablets in the AM and 2 in the PM.

This meets or exceeds all ASMBS Nutritional Guidelines!



KEY NUTRIENTS	BARIATRIC FUSION COMPLETE (X 4 TABS)	CELEBRATE MULTI- COMPLETE 45 (X 2 TABS)	BARIATRIC ADVANTAGE EA (X 2 TABS)	ASMBS GUIDELINES
Vitamin A	2250 mcg	3000 mcg	3000 mcg	1500 mcg - 3000 mcg
Vitamin D3	75 mcg	75 mcg	75 mcg	75 mcg
Folic Acid	800 mcg	800 mcg	800 mcg	400 mcg - 800 mcg
Vitamin C	180 mg	180 mg	90 mg	180 mg
Vitamin B12	560 mcg	500 mcg	1000 mcg	350 mcg - 1000 mcg
Thiamine	12 mg	12 mg	36 mg	12 mg
Biotin	600 mcg	600 mcg	600 mcg	600 mcg
Calcium	1200 mg	0 mg	170 mg	1200 mg – 1500 mg
Iron	45 mg	45 mg	45 mg	45 mg - 60 mg
Zinc	30 mg	30 mg	16 mg	8 mg - 22 mg
Copper	2 mg	3 mg	2 mg	2 mg
Additional Supplements				
needed?	None	Calcium	Calcium	
Monthly Cost With				
Additional supplements	\$26.99	\$56.90	\$71.40	
Total Daily Tablets	4	5	5	

### recommendation

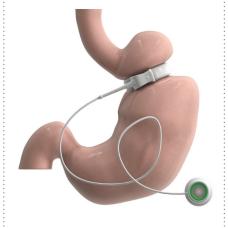
## By Procedure

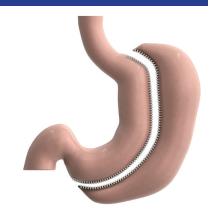
#### GASTRIC BYPASS

#### ADJ. GASTRIC BAND OR BALLOON

#### SLEEVE GASTRECTOMY







PRE-OP

Bariatric Fusion® Complete Chewable Vitamin & Mineral Supplement 1 tablet per day
OR Bariatric Fusion® Soft Chews Multivitamin 1 chew per day
OR Bariatric Fusion® Multivitamin Capsules 1 capsule per day

#### **POST-OP**

Bariatric Fusion® Complete
Chewable Vitamin and Mineral
Supplement 4 tablets per day
(2 in the AM & 2 in the PM or
spaced throughout the day)

Bariatric Fusion® **Soft Chews Multivitamin** 2 chews per day
OR

Bariatric Fusion® **Multivitamin Capsules** 1-2 capsules per day

Bariatric Fusion® Complete
Chewable Vitamin and Mineral
Supplement 2 tablets per day
(1 in the AM & 1 in the PM or
spaced throughout the day)

Bariatric Fusion® **Soft Chews Multivitamin** 2 chews per day
OR

Bariatric Fusion® **Multivitamin Capsules** 1-2 capsules per day

Bariatric Fusion® Complete
Chewable Vitamin and Mineral
Supplement 4 tablets per day
(2 in the AM & 2 in the PM or
spaced throughout the day)

Bariatric Fusion® **Soft Chews Multivitamin** 2 chews per day
OR

Bariatric Fusion® **Multivitamin Capsules** 1-2 capsules per day

Use other Bariatric Fusion® Brand supplements as directed.

# Multivitamin 4 OPTIONS FOR SLEEVE GASTRECTOMY & GASTRIC BYPASS PATIENTS





### additional

## **Supplements**



#### Sublingual B12 1000 mcg

This great tasting sublingual formulation delivers 1000 mcg of B12 and 200 mcg of Folic Acid in each tablet. Our quick dissolving preparation will help prevent and correct B12 and Folate deficiencies after all weight loss procedures.

Alv	II. PER SERVING	% DAILY VALUE
Vitamin B12 (Cyanocobalamin)	1000 mcg	41667%
Folic Acid	200 mcg	84%



#### **B-50 Complex**

B-complex vitamins are essential for a vast range of functions in the body from energy production, to cellular replication, to metabolism, and more. Under certain conditions such as stress, poor dietary intake, and malabsorption there may be an increased need for B vitamins above and beyond the RDA.

AMT. P	PER SERVING	% DAILY VALUE*
Thiamine (as thiamin mononitrate)	50 mg	4167%
Riboflavin	50 mg	3846%
Vitamin B3 (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine HCL)	50 mg	2941%
Folic Acid	400 mcg	167%
Vitamin B12 (as methycobalamin)	250 mcg	10417%
Biotin	600 mcg	2000%
Pantothenic acid (as D-calcium Pantothenate)	50 mg	1000%



#### Dry Vitamin D 5000 IU

This water-miscible Dry Vitamin D contains 5000 IU of Vitamin D as Cholecalciferol (D3) in a small, quick dissolving, easy to swallow capsule.

All	MT. PER SERVING	% DAILY VALUE*
Vitamin D	5000 IU	625%
(As cholecalciferol) 125 mcg		



#### Vitamin B1 (Thiamine) 100 mg

Even with high levels of B1 in our multivitamins, some patients may require higher levels of this important B vitamin.

	AMT. PER SERVING	% DAILY VALUE*
Thiamine	100 mg	6667%



#### Biotin 5000 mcg

Biotin is a member of the B-vitamin family. It plays a role in the metabolism of protein, fat and carbohydrate. It may help to maintain the health of nails and hair. Our small, high-potency capsules are easy to swallow and digest.

	AMT. PER SERVING	% DAILY VALUE*
Biotin	5000 mcg	16666%



#### **Zinc and Copper**

Zinc and copper are essential for a variety of functions including immune support, natural collagen formation, and red blood cell production. It is possible for some patients to require a corrective supplement if levels have depleted after bariatric surgery. This product is offered in a small, quick dissolving, easy to swallow capsule.

AMT	. PER SERVING	% DAILY VALUE*
Zinc (as zince citrate)	30 mcg	273%
Copper (as copper gluconate)	2 mcg	222%

### 1PER DAY

The Rejuvenator is essential in preventing or minimizing hair loss after weight loss surgery. Give your hair a captivating sheen, strengthen your nails and make your skin shine! Just one easy to swallow capsule per day will support the body's natural rejuvenation of your Hair, Skin & Nails and you will feel great about it.

- Contains 4000mcg of Biotin
- 15mg of Zinc for Beautiful Skin
- Unique formula to support bariatric patient needs
- · Optimal for hair regrowth and health
- Easy to Swallow Capsule

# hair, skin & nails **Rejuvinator**

SUPPLEMENT FACTS		
AMT. PER SERVING	% DAI	LY VALUE*
Servings per Container: 60		
Thiamin (as thiamin HCI)	5 mg	417%
Riboflavin	5 mg	385%
Niacin (as niacinamide)	5 mg	31%
Folate (200 mcg folic acid)	335 mcg DFE	84%
Vitamin B12 (as cyanocobalamin)	200 mcg	8,333%
Biotin	4,000 mcg	13,333%
Pantothenic acid (as D-calcium pantot	henate) 10 mg	200%
Zinc (as zinc oxide)	15 mg	136%
Copper (as copper oxide)	1 mg	111%
OptiMSM® Methylsulfonylmethane	500 mg	*
Horsetail extract (whole plant) (7% silic	(a) 10 mg	*
Inositol	5 mg	*
PABA (para-aminobenzoic acid)	10 mg	*

 % DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET SERVING SIZE: 1 CAPSULE 60 CAPSULES





AMT. PER SERVING	% DAILY VALUE*
Calories 15	
Total Fat 0.5 g	1%*
Total Carbohydrate 4 g	1%*
Sugars 0 g	**
Sugar Alcohol 4 g	**
Vitamin C (as ascorbic acid) 60	mg 67%
Iron (as ferrous fumarate) 45 m	g 250%
Sodium 20 mg	1%
% DAILY VALUES ARE BASED ON A 2,0	DO CALORIE DIET

# iron Soft Chews

These Iron Soft Chews with Vitamin C contain 45 mg of Iron (Ferrous Fumarate) and 60 mg of Vitamin C for enhanced absorption and great taste.

- Great tasting, best on the market
- Individually wrapped for convenience
- No GI side effects and easy on your stomach
- Vitamin C boosts iron absorption
- · Gluten free
- Available in Cherry and Grape Flavors



### calcium

## **Soft Chews**



Our CALCIUM SOFT CHEWS optimize bone strength and metabolic function by maximizing absorption through a unique soft chew formulation. This great tasting chew delivers 500mg of Calcium Citrate, Vitamin D, Magnesium and Vitamin K to enhance absorption and provide maximum bone health and strength. The addition of Thiamine, Riboflavin and Niacin will give your body the efficiency and ENERGY you need to enjoy a happy and healthy lifestyle. This is truly a one of a kind supplement! Each chew is individually wrapped so you can take them with you wherever you go.

#### **DIRECTIONS**

Take 1 chew daily or as directed

#### CLIDDLEMENT EACTS

SUPPLEMENT FACTS	
AMT. PER SERVING	% DAILY VALUE
Calories 15	
Total Fat 0.5 g	1%*
Total Carbohydrate 4 g	1%*
Sugars 0 g	**
Sugar Alcohol 2 g	**
Vitamin D (as cholecalciferol) 5 r	mcg 25%
Vitamin K (as phytonadione) 5 i	mcg 4%
Thiamin (as thiamin mononitrate	e) 1 mg 83%
Riboflavin 1 mg	77%
Niacin (as niacinamide) 2 mg	13%
Pantothenic Acid (as calcium D-pantothenate) 2 m	40%
Calcium (as Calcium Citrate) 50	0 mg 38%
Magnesium	
(as Magnesium phosphate ) 25 I	mg 6%
Sodium 10 mg	< 1%
* PERCENT DAILY VALUES ARE BASED CALORIE DIET. ** DAILY VALUE NOT ESTABLISHED.	ON A 2,000

SERVING SIZE: 1 CHEW

## **Probiotics**

Our **PROBIOTIC** options are designed to promote a healthy intestinal environment, regulate metabolism, and enhance your immune response. Our unique formulation optimizes better absorption and provides the results you are looking for. One great tasting chew or capsule provides 10 billion live organisms! Both options are convenient so you can take them with you wherever you go and enhance your immune response.

**DIRECTIONS** 

Take 1 chew or capsule daily or as directed





# high protein, low carb Meal Replacement

AFFORDABLE, CONVENIENT AND BEST-TASTING BARIATRIC SUPPLEMENTS ON THE MARKET



#### The Best Solution for Your Patients

### A fusion of great flavor and complete nutrition.

Bariatric Fusion® Meal Replacement is the best bariatric specific protein supplement designed using the knowledge of a team of highly experienced bariatric practitioners and the feedback of over 5,000 bariatric patients. It is intended to provide patients with a fast, convenient and affordable way to receive the high-quality protein, fiber, and vitamins and minerals essential before and after weight loss surgery. Bariatric Fusion was formulated for Gastric Bypass, Lap Band, Sleeve Gastrectomy, VBG, DS, and BPD patients. Our product has been thoroughly reviewed and tested by bariatric patients to perfect the taste, texture, and consistency.

Bariatric Fusion® Meal Replacement is intended to supplement a healthy diet and to provide high-quality protein, fiber, and additional vitamins and minerals before and after weight loss surgery.

- 27 grams of the highest quality, medical grade whey protein isolate
- 25 vitamins and minerals
- Only 8-9 grams of carbohydrates
- 4-5 grams of fiber per serving
- Lactose, aspartame, and gluten free
- No sugar added
- Contains all essential amino acids
- PDCAAS Score: 100





#### **AMINO ACID PROFILE**

Per 27 grams of protein – 2 scoops

Alanine 1571 mg	Lysine 2346 mg
Arginine 566 mg	Methionine 541 mg
Aspartic acid 3056 mg	Phenylalanine 799 m
Cysteine 631 mg	Proline 1688 mg
Glutamic acid 4184 mg	Serine 1272 mg
Glycine 530 mg	Threonine 2043 mg
Histidine 336 mg	Tryptophan 246 mg
Isoleucine 1804 mg	Tyrosine 674 mg
Leucine 2708 mg	Valine 1638 mg

#### **NUTRITION FACTS**

AMT. PER SERVING	% DAILY VALUE*
Calories 150	
Total Fat 2 g	3%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol <5 mg	2%
Sodium 170 mg	7%
Total Carbohydrate 9	g 3%
Dietary Fiber 4 g	14%
Total Sugars <1 g	
Includes 0 g Added S	Sugars 0%
Includes 0 g Added 9 Protein 27 g	Sugars 0% 54%
Protein 27 g	54%
Protein 27 g  Vitamin D 10 mcg	54%
Protein 27 g  Vitamin D 10 mcg  Calcium 135 mg	54% 50% 10%
Protein 27 g  Vitamin D 10 mcg  Calcium 135 mg  Iron 9 mg	54% 50% 10% 50%
Protein 27 g  Vitamin D 10 mcg  Calcium 135 mg  Iron 9 mg  Potassium 143 mg	54% 50% 10% 50% 4%

Thiamin 0.75 mg	60%
Riboflavin 0.85 mg	70%
Niacin 10 mg	60%
/itamin B6 1 mg	60%
olate 333 mcg DFE	
(200mcg folic acid)	80%
/itamin B12 6 mcg	250%
Biotin 150 mcg	500%
Pantothenic Acid 10 mg	200%
Phosphorus 75 mg	6%
odine 75 mcg	50%
Magnesium 65 mg	15%
Zinc 7.5 mg	70%
Selenium 35 mcg	60%
Copper 1 mg	110%
Manganese 1 mg	45%
Chromium 60 mcg	170%
Molybdenum 37.5 mcg	80%

<sup>%</sup> DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET



#### **HIGH PROTEIN MEAL REPLACEMENT**

side by side

# How We Compare

- 27 grams of high quality, bioavailable, whey protein isolate
- Low-calorie option
- · Wide variety of great-tasting flavors
- · No added sugar
- Only 9 grams of total carbohydrates
- 25 vitamins and minerals
- 4-5 grams of fiber
- · Contains all essential amino acids
- · Lactose, aspartame, and gluten-free





Nutrition Facts	Bariatric Fusion	DV%	Premier Protein RTD	DV%	Unjury	DV%	Celebrate	DV%	Bariatric Advantage	DV%
Price Per Serving	\$1.90		\$1.99		\$2.85		\$1.93		\$1.99	
Protein type	Whey protein isolate		Milk protein concentrate		Whey protein isolate		Whey protein isolate/ soy protein isolate		Whey protein isolate	
Calories	150		160		190		150		150	
Total fat	2g	3%	3g	4%	4.5g	7%	2g	3%	2.5g	3%
Saturated fat	1.5g	8%	0.5g	3%	0g		0g		2g	10%
Trans fat	0g		0g		0g		0g		0g	
Cholesterol	<5mg	2%	20mg	7%	5mg	2%	0g		5mg	2%
Sodium	170mg	7%	230mg	10%	120mg	5%	240mg	10%	160mg	7%
Total Carbohydrate	9g	3%	4g	1%	10g	3%	9g	3%	11g	4%
Dietary fiber	4g	14%	1g	4%	3g	12%	6g	24%	6g	21%
Total sugars	<1g		1g		3g		3g		1g	
Protein	27g	54%	30g	60%	26g		27g	54%	27g	54%
Vit A	750mcg	80%	230mcg	25%	450mcg	50%	230mcg	25%	750mcg	80%
Vit C	30mg	35%	23mg	25%	45mg	50%	27mg	30%	30mg	35%
Vit D	10mcg	50%	6mcg	30%	10mcg	50%	20mcg	100%	5mcg	25%
Vit E	15mg	100%	3.8mg	25%	8mg	50%	4.5mg	30%	10mg	70%
Thiamin	0.75mg	60%	0.3mg	25%	0.6mg	50%	0.6mg	50%	0.75mg	60%
Riboflavin	0.85mg	70%	0.3mg	25%	0.7mg	50%	0.7mg	50%	0.85mg	70%
Niacin	10mg	60%	4mg	25%	8mg	50%	5mg	30%	18mg	110%
Vit B6	1mg	60%	0.4mg	25%	0.9mg	50%	0.5mg	30%	1mg	60%
Folate	333mcg DFE (200mcg folic acid)	80%	100mcg DFE	25%	204mcg DFE	50%	120mcg DFE	30%	340mcg DFE	85%
Vit B12	6mcg	250%	0.6mcg	25%	1.2mcg	50%	2.4mcg	100%	3mcg	130%
Biotin	150mcg	500%	8mcg	25%	15mcg	50%	15mcg	50%	150mcg	500%
Pantothenic Acid	10mg	200%	1.3mg	25%	2.5mg	50%	2.5mg	50%	5mg	100%
Calcium	135mg	10%	650mg	50%	910mg	70%	520mg	40%	300mg	25%
Iron	9mg	50%	1.8mg	10%	9mg	50%	8.1mg	45%	8.1mg	45%
Phosphorus	75mg	6%	620mg	50%	750mg	60%	500mg	40%	280mg	20%
lodine	75mcg	50%	37mcg	25%	75mcg	50%	45mcg	30%	75mcg	50%
Magnesium	65mg	15%	105mg	25%	255mg	60%	255mg	60%	100mg	25%
Zinc	7.5mg	70%	2.8mg	25%	6mg	50%	3.5mg	30%	7.5mg	70%
Selenium	35mcg	60%	14mcg	25%	28mcg	50%	28mcg	50%	35mcg	60%
Copper	1mg	110%	0.25mg	25%	0.5mg	50%	0.27mg	30%	1mg	110%
Chromium	60mcg	170%	8mcg	25%	18mcg	50%	12mcg	35%	60mcg	170%
Molybdenum	37.5mcg	80%	11mcg	25%	23mcg	50%	13.5mcg	30%		
Manganese	1mg	45%	0.6mg	25%	1.2mg	50%	0.7mg	30%		
Potassium	143mg	3%	280mg	6%	160mg	4%	380mg	8%	500mg	10%

### pre-op

## **Liver Reduction Diet**

The following high protein, low calorie diet is recommended to begin 2 weeks prior to weight loss surgery. This program will promote weight loss and will reduce the liver size to make the procedure technically easier for your surgeon.

#### DAILY REQUIREMENTS

#### 4 Bariatric Fusion® Shakes

Take one Bariatric Fusion® Protein shake for Breakfast, Lunch, and Dinner. You may have an additional protein shake in the evening.

#### WATER VS. SKIM, SOY, LACTAID COMPARISON

Calories and amount of protein daily

#### **MIXED WITH WATER**

Calories: 600 | Protein: 108 g

MIXED WITH SKIM MILK, SOY, OR LACTAID

Calories: 960 | Protein: 144 g

#### Minimum of 64oz of clear liquids

to be consumed between Bariatric Fusion® shakes

#### **CHOOSE FROM THE FOLLOWING CLEAR LIQUIDS:**

- Water, flavored water
- Crystal Light®
- Propel®
- G2™ (low calorie Gatorade®) Ocean Spray® Sugar
- Sugar Free KoolAid®
- · Sugar Free Popsicles®
- Sugar Free Jello®
- · Chicken or Beef Broth
- Free Drink Mixes

Adequate Bariatric Fusion® Meal Replacement supply for 2 week period is 3 tubs

#### HIGH PROTEIN, LOW CARB **MEAL REPLACEMENT**

- 27 grams of the highest quality, medical grade whey protein isolate
- 25 vitamins and minerals
- Only 9 grams of carbohydrates
- 4-5 grams of fiber per serving
- · Lactose, aspartame, and gluten-free







# Practitioner's Fact Sheet

#### Bariatric Fusion®... Better for you. Better for your patients.

#### Why use an "all inclusive" chewable supplement?

Compliance with any multivitamin supplement regimen can be difficult. Nutritional deficiency, as a result of gastric bypass surgery, is an eventuality without any form of supplementation and even with compliance of a standard multivitamin supplement<sup>1</sup>. An "all inclusive" supplement like Bariatric Fusion®, improves compliance by decreasing

the number of tablets patients need to take to help prevent the risk of developing these deficiencies from the start. The nature of a chewable supplement makes the vitamins and minerals more available for absorption, since the micronutrients begin to be broken down before they reach absorption sites.

## What is the benefit of using vitamin B12 in the form of methylcobalamin vs. cyanocobalamin?

The central nervous system is dependent upon vitamin B12 for normal function since it is essential for healthy cell replication and growth. Vitamin B12 deficiency is a well-known and common micronutrient deficiency after gastric bypass surgery. Deficiency can lead to impaired cell division resulting in the development of abnormally large cells characteristic of megaloblastic anemia. Neurological symptoms of this type of anemia include general fatigue, numbness, tingling and burning of the feet, and stiffness and generalized weakness of the legs. B12 deficiency can also result from atrophy of gastric parietal cells, which can

contribute to pernicious anemia.

Cyanocobalamin is converted by the liver into Methylcobalamin - the more biologically active coenzyme form of vitamin B12. This means that the body can use Methylcobalamin as is, and does not require any metabolic steps to make it readily available within the central nervous system. Methylcobalamin is used to formulate Bariatric Fusion®, thus making it superior to other forms in the prevention of B12 deficiency and potential neurological complications.

## If bariatric surgery patients have less, if any, stomach acid and intrinsic factor, isn't supplementing with Vitamin B12 ineffective?

Stomach acid is necessary to release B12 from ingested food. Intrinsic factor then binds to vitamin B12 that has been cleaved from food and helps make it readily available for absorption by active transport. After gastric bypass surgery, it is impossible to consume enough vitamin B12 rich foods via diet to meet a patient's daily needs.

Supplemental vitamin B12, in a more biologically available form such as Methylcobalamin, is passively absorbed later in the digestive tract. At low efficiency, only 1-2%

of the available amount of vitamin B12 is absorbed by simple diffusion. A larger quantity of B12 must be present for potential absorption.

Bariatric Fusion® contains 9,332 % DV of vitamin B12. Although this may seem like an excessive amount of this vital micronutrient, any unused amounts of B12 beyond the body's actual needs are simply eliminated and do not become toxic.

#### Why are the % Daily Values different between some of your products?

The FDA issued new guidelines for the daily values. We are gradually updating the nutrition panels on our product labels so you may see differences in the percentages

between what you are used to seeing on our products and what you are seeing now. We still have the same amount of vitamins and minerals in our products.

#### Are iron and calcium absorbed when combined together in the same tablet?

Iron aids in the body's ability to manufacture enough red blood cells to transport oxygen to all areas of the body. A deficiency in iron results in anemia. Calcium can inhibit the absorption of iron in the body. We know that certain factors can affect iron absorption when calcium is present, either as food or in supplements. These factors are the:

- **1. Form of iron** Bariatric Fusion® uses ferrous fumarate, which is readily available for absorption and less constipating than other types of iron.
- **2. Form of the food or supplement** Bariatric Fusion°, a chewable supplement, ensures all the vitamins and minerals contained are in one of the most available forms

for adequate absorption. Because the levels are lower in a multivitamin, iron may not be inhibited by calcium.

#### 3. A dose dependent effect of calcium on iron absorp-

**tion.** Doses of iron greater than 30 mg will have an adverse effect on the absorption of calcium and/or iron. Bariatric Fusion Complete Vitamin and Mineral Supplement has 11.25mg of iron in each chewable tablet. (Dosing 2 tablets per serving is still well under the 30mg threshold).

**PLUS:** Bariatric Fusion® has included Vitamin C (ascorbic acid) which aids in iron absorption and Vitamin D to promote calcium absorption.

## Why isn't there any Vitamin K in Bariatric Fusion® Complete Chewable Vitamin and Mineral Supplements?

Vitamin K is not included in our Complete Chewable Vitamin and Mineral Supplements to better manage patients on anti-coagulant therapy. Adult RDI for vitamin K is 120 mcg for males and 90 mcg for females. It is fairly

easy to get enough vitamin K from a diet, for example, that includes just 3 ounces of leafy greens or cup of beans and a serving of peanut butter on a daily basis.

## Is Bariatric Fusion® the only multiple vitamin gastric bypass patients will ever need?

While no one vitamin is perfect, Bariatric Fusion® was specially tailored to meet the needs of gastric bypass patients and prevent micronutrient deficiencies that may occur. This chewable supplement ensures better absorption, contains chelated minerals, and includes high levels of B12, Calcium, Vitamin D, Folate, and Biotin to maintain proper health and nutrition. The need for additional supplemen-

tation would be determined based on individual patient needs due to certain medical conditions and routine lab screening.

Bariatric Fusion® is lactose free and sugar free. Bariatric Fusion® should be part of a healthy lifestyle including a balanced diet, plenty of water, and regular exercise to promote patient success after weight loss surgery.

#### REFERENCES

- Gasteyger C, Suter M, Gaillard RC, Giusti V. Nutritional deficiencies after Roux-en-Y gastric bypass for morbid obesity often cannot be prevented by standard multivitamin supplementation. Am J Clin Nutr. 2008:87:1128-33.
- 2. Miller AD, Smith, KM. Medication and nutrient administration considerations after bariatric surgery. Am J Health-Syst Pharm. 2006;63(19):1852-1857.
- 3. McMahon MM, Sarr MG, Clark MM, Gall MM, Knoetgen J, Service J, Laskowski ER, Hurley DL. Clinical Management after Bariatric Surgery: Value of Multidisciplinary Approach. Mayo Clin. Proc. 2006:October; 81 (10,suppl): S34-S45
- 4. Cannell JJ, Hollis BW, Zasloff M, Heaney RP. Diagnosis and treatment of vitamin D deficiency. Expert Opin Pharmacother. 2008;9(1):1-12.
- 5. Lynch SR. The effect of calcium on iron absorption. Nutr Res Rev. 2000; 13:141-58.
- 6. Hallberg L, Brune M, Erlandsson M, Sandberg AS, Rossander-Hulten L. Calcium: effect of different amounts on nonheme- and heme-iron absorption in humans. Am J Clin Nutr. 1991; 53:112-9.
- 7. Gaitan D, Flores S, Saavedra P, Miranda C, Olivares M, Arredondo M, et al. Calcium does not inhibit the absorption of 5 milligrams of nonheme or heme iron at doses less than 800 milligrams in nonpregnant women. J Nutr. 2011; 141:1652-6.
- 8. Hallberg L, Rossander-Hulten L. Iron requirements in menstruating women. Am J Clin Nutr. 1991; 54:1047-58.
- 9. Hurrell R, Egli I. Iron bioavailability and dietary reference values. Am J Clin Nutr. 2010; 91:1461S-7S.

### study abstract

# Vitamin & Mineral Supplement

## Vitamin and Mineral Levels in Patients after Roux-en-Y Gastric Bypass Using Bariatric Fusion Chewable Vitamins

BACKGROUND Following Roux-en-Y gastric bypass (RYGB), life-long vitamin supplementation is recommended. However, no studies are available to demonstrate the effectiveness of any vitamin regimen on post-operative blood vitamin levels. We sought to determine if the recommended daily regimen of the Bariatric Fusion® Chewable Vitamin was sufficient to prevent commonly encountered nutritional deficiencies seen after RYGB.

METHODS 100 patients undergoing RYGB from the Synergy Bariatrics practice in Western New York were retrospectively analyzed for at risk vitamin and mineral deficiencies. To be included in the study, patients were required to have at least one-year of continuous Bariatric Fusion® Chewable Vitamin as their only supplementation, laboratory assessment at baseline, and one-year follow-up for target vitamins and minerals.

RESULTS After one-year of continuous supplementation with Bariatric Fusion® Chewable Vitamins and no other supplements, 100% of patients were within the normal range for vitamin B1, folate, and calcium. The large majority of these patients were also within the normal ranges for vitamin B12 (93%), iron (86%), and vitamin D (84%).

**CONCLUSION** Patients using the recommended daily regimen of Bariatric Fusion<sup>®</sup> Chewable Vitamins had normal concentrations of most important vitamins and minerals. Supplementation with iron and vitamin D is rarely needed, if pre-bypass levels are normalized.



### study abstract 1

# Meal Replacement

## Metabolic Response to a Pre-Op Liver Reduction Diet Using Bariatric Fusion® Meal Replacement

BACKGROUND It is recommended that Roux-en-Y gastric bypass be preceded by a 2 week high-protein liquid diet to reduce liver size. We sought to determine the effects of Bariatric Fusion® Meal Replacement on insulin resistance in patients with morbid obesity and Type 2 diabetes mellitus (T2DM).

METHODS 15 patients with morbid obesity and T2DM underwent a 2-week dietary intervention with Bariatric Fusion® Meal Replacement consisting

of four daily shakes (7 g carb, 0 g fat, 27 g protein) mixed with water or skim milk (9 g carb, 0 g fat, 6 g protein). Patients were instructed to consume a minimum of 64 oz of clear liquids (i.e. water, flavored water, Crystal Light, Propel). Thus, the 14-day dietary intervention had a strict range of 560-920 calories distributed as 28-64 g carb, 0 g fat, and 108-132 g protein. Anthropometric characteristics and a fasting blood draw were performed immediately prior to the start of the diet (day 0) and on the day of surgery (day 14).

**RESULTS** Following the 2-week dietary intervention, weight was significantly decreased from 340.0  $\pm$  72.9 to 328.9  $\pm$  72.9 pounds (p<0.001). Also reduced were fasting plasma glucose (148.5  $\pm$  30.6 vs. 123.15  $\pm$  35.6 mg/dL, p=0.0169) and insulin (19.0  $\pm$  11.0 vs. 13.5  $\pm$  5.7 u/ml, p=0.0236) concentrations. Insulin resistance as determined by the homeostasis model of assessment (HOMA-IR) was diminished from 7.3  $\pm$  4.9 to 4.1  $\pm$  2.0 (p=0.0140).

**CONCLUSION** A 2 week Bariatric Fusion® Meal Replacement diet was associated with significant weight loss and correction of the insulin resistant state in patients with morbid obesity and T2DM. These findings demonstrate a metabolic benefit of Bariatric Fusion® Meal Replacement in addition to the technical benefit of reduction of liver size.



# Endotoxemia, inflammatory stress, and insulin resistance following 2-Week High Protein dietary intervention in morbidly obese patients with Type 2 Diabetes Mellitus undergoing Roux-en-Y Gastric Bypass Surgery

BACKGROUND We have shown previously that weight loss and the resolution of insulin resistance following Roux-en-Y gastric bypass (RYGB) is accompanied by reduction in endotoxemia, toll-like receptor (TLR) expression, and proinflammatory mediators. Because it is known that RYGB limits carbohydrate and fat intake it is plausible that a higher protein and fat deprived diet may contribute to these effects. This study aims to evaluate the effect of a 2-week high protein, low carbohydrate and fat deprived diet intervention on endotoxemia, inflammatory stress, and insulin resistance preceding RYGB.



METHODS Ten adults with morbid obesity and T2DM undergoing RYGB were studied over a 2-week normal diet control period and 2-week dietary intervention immediately preceding RYGB. Subjects were instructed to follow normal dietary habits during control period and a regimen of four Bariatric Fusion shakes, each containing 7 g carbohydrate, 0 g fat, and 27 g of protein, during diet intervention. Shakes were mixed with water or skim milk (additional 9 g carbohydrate, 0 g fat, 6 g protein per shake). Thus, total daily intake was 550-785

calories distributed as 108-132 g protein, 28-64 g carbohydrate, and 0 g fat. Fasting blood samples were obtained at start of the control period, before diet intervention, and day of surgery to assess changes in weight, glucose, insulin, free fatty acids, endotoxin, TLRs, SOCS-3, ICAM-1 and MMP-9.

RESULTS At completion of the high protein diet intervention subjects had a significant reduction in weight by 6.0±0.4 %, glucose by 11±3%, insulin by 48±9% and HOMA-IR by 61±14%. Free fatty acid concentration increased significantly by 58±18%. The mRNA expression of TLR-2 and SOCS-3 in MNC was reduced by 15±5% and 29±9%, respectively. Plasma concentrations of endotoxin, MMP-9 and ICAM-1 fell following the dietary intervention by 16±4%, 11±3% and 22±7%, respectively. There was no change in TLR-4 and CD14 expression or in plasma MCP-1. There was no significant change in these indices after 2 weeks of the normal diet period

CONCLUSION A 2 week Bariatric Fusion® High Protein, Low Carb Meal Replacement diet preceding RYGB reduces the chronic inflammatory state of obesity. The diet also reduces liver size and improves liver funtion associated with less steatosis. This 2 week diet before WLS may contribute to fewer postoperative complications.

