



The Milestone

A point in time, marking a key event or accomplishment

THE MONTHLY E-NEWSLETTER OF OKLAHOMA WEIGHT LOSS OPTIONS • NORMAN, OK

Send in questions, recipes, comments, topics of interest, etc.

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New Nutrition Products!

OKlahoma WEIGHT LOSS Options has decided to bring in new nutrition products to add variety, create convenience and potentially increase the nutritional quality of your daily intake.

The new nutritional supplements are going to go through a trial-run period. Let us know if you like them or if there is a certain flavor that you prefer.

In addition to the New Directions meal replacements, the Kanani Falls protein bars and protein supplement drinks, and the Beneprotein, we have added:

- ◆ **Syntrax Nectar™ Protein Supplement**
- ◆ **UpCal D® Calcium citrate powder with vitamin D**
- ◆ **Bariatric Advantage® Chewable Iron**
- ◆ **Advanced B₁₂ sublingual (with B₁₂, B₆, Folic Acid and Biotin)**

Nectar™ is a protein supplement drink. One scoop of powder has 23 grams of protein. They come in 2 lb. containers in many different fruity flavors. We currently have Apple Ecstasy, Caribbean Cooler, Crystal Sky, Fuzzy Navel, Roadside Lemonade, Strawberry Kiwi, Very Cherry Berry.

UpCal D is very easy to add to liquids or mushy foods. Powdered calcium citrate is more readily absorbed and decreases the need to swallow gigantic pills. Calcium citrate is an appropriate form of calcium for all weight loss surgery patients.

Chewable iron is available as a possible alternative to iron injections or prescription medication if your iron is low or if you are a menstruating woman in need of additional supplement.

The Advanced B₁₂ Sublingual contains vital B vitamins and 100% of your recommended daily intake of folic acid, all which contribute to heart health (and for extra supplementation in the RNY patient). Vitamin B₁₂ and biotin also play a role in skin, hair and nail integrity and can help decrease the risk of hair thinning.

Email or call me with any questions or information regarding the new nutrition supplements.

Have a good day!

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Editor



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 <i>LapBand Support Group 6-7pm HealthPlex (3rd floor) "LapBand Nutrition"</i>	7	8
9	10	11 <i>RNY Support group 6-7:30pm HealthPlex (3rd floor) "Functional Foods"</i>	12 <i>Informational Seminar 6:30 pm NRH Education Center</i>	13	14	15
16	17	18	19	20 <i>LapBand Support Group 6-7pm HealthPlex (3rd floor) "Weight Management On the Road"</i>	21	22
23	24	25 <i>RNY Support group 6-7:30pm HealthPlex (3rd floor) "Therband® Exercise Demonstration"</i>	26 <i>Informational Seminar 6:30 pm NRH Education Center</i>	27	28	29
30	31					