

Vitamin and Mineral Supplements

Why vitamins for life?

After surgery there is an increased risk for deficiencies due to factors including: absorption, reduced gastric acid production, decreases in food intake, possible aversions to foods. It's recommended you take vitamins for the rest of your life to avoid serious vitamin deficiencies.

Any form of vitamin (e.g., capsules, tablets, chews, and powders) is fine. It may be helpful to take chewables or liquids for the first few months after surgery, but this is not a requirement.

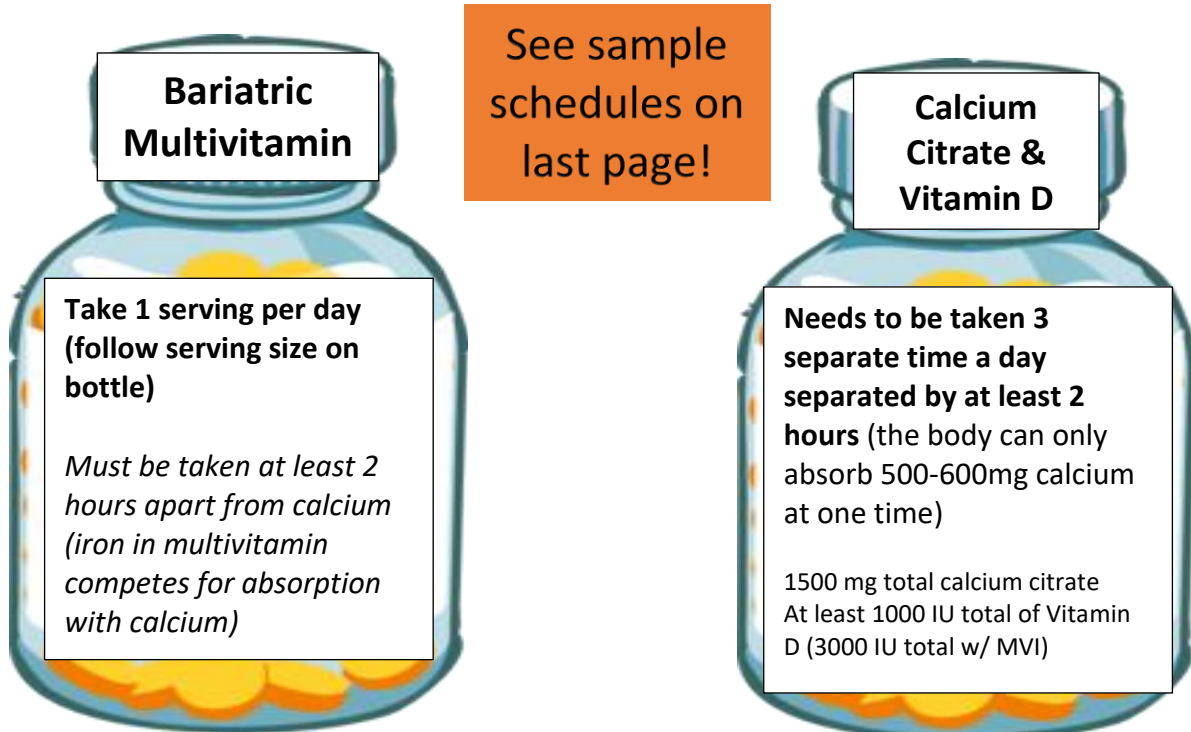
Eating before taking a multivitamin is helpful in preventing nausea.

When to start taking them:

Start researching and comparing prices before surgery. Many companies have sample packs you can try before buying a larger container. It's required to start taking vitamins when you get home from surgery but you can practice now. Send your dietitian a picture or link of what you're looking at and they can help you build a schedule!

What do I need to take?

Just 2 supplements are required: a bariatric multivitamin and a calcium citrate w/ vitamin D for both sleeve gastrectomy and roux-en-Y gastric bypass.



Multivitamin (MVI)

(Pills, chews, chewables, and liquid may be used)

If you are taking a recommended bariatric MVI, take one serving per day. If you are taking an over-the-counter option (ex. Flinstones Complete), take two servings per day (these are only recommended if you cannot tolerate Bariatric Multivitamins). Consult your dietitian if you have any questions about how to take the MVI you have selected.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as wm^* retinyl palmitate and 50% as beta-carotene)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	90 mg	100%
Vitamin D [as wm^* cholecalciferol (D3)]	75 mcg (3,000 IU)	375%
Vitamin E (as wm^* d-alpha-tocopheryl acetate)	20 mg	133%
Vitamin K (as phyloquinone)	40 mcg	33%
Thiamin (as thiamin mononitrate)	12 mg	1,000%
Riboflavin	3.4 mg	262%
Niacin (as niacinamide)	40 mg	250%
Vitamin B ₆ (as pyridoxine HCl)	4 mg	235%
Folate (as calcium L-5-methyltetrahydrofolate)	1,333 mcg DFE	333%
Vitamin B ₁₂ (as methylcobalamin & cyanocobalamin)	500 mcg	20,833%
Biotin	600 mcg	2,000%
Pantothenic acid (as D-calcium pantothenate)	20 mg	400%
Iron (as ferrous fumarate) [†]	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and as magnesium citrate)	100 mg	24%
Zinc (as zinc bisglycinate chelate)	15 mg	136%
Selenium (as selenium glycinate complex)	140 mcg	255%
Copper (as copper bisglycinate chelate)	2 mg	222%
Manganese (as manganese bisglycinate chelate)	2 mg	87%
Chromium (as chromium amino acid chelate)	200 mcg	571%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	167%

This is a bariatric MVI – you only need to take one dose (1 capsule for this example) per day



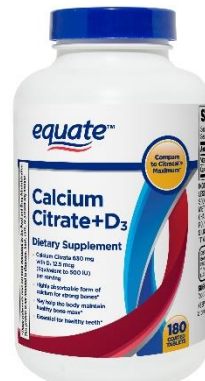
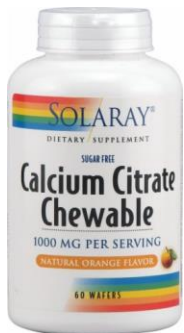
Note: some chewy and chewable MVI do NOT contain iron. You may need to take an extra iron supplement – see example to the right >>>>

Calcium Citrate + Vitamin D

(Pills, chews, chewables, and liquid may be used)

You'll need to take a total of **1500mg calcium citrate** per day! This will mean 2-3 servings per day, depending on the amount of calcium citrate per serving. Calcium carbonate may be acceptable if taken after a meal (carbonate will NOT absorb without food).

Example: If one serving is 500mg calcium, you'll take this 3x/day
 $500\text{mg/serving} \times 3 \text{ servings} = 1500\text{mg calcium citrate}$



Supplement Facts		
Serving Size: 1 chew		
	Amount Per Serving	% Daily Value*
Calories	15	
Total Carbohydrate	3 g	1%*
Dietary Fiber	0.5 g	2%*
Total Sugar	0 g	†
Includes 0g Added sugars		0%
Calcium (as Calcium Citrate)	500 mg	38%
Vitamin D3 (as Cholecalciferol)	12.5 mcg (500 IU)	63%

*Percent Daily Values are based on a 2,000 calorie diet.
 †Daily values not established.

OTHER INGREDIENTS: Maltitol syrup, inulin, natural flavors, soy lecithin, sunflower oil, gum blend (agar, modified corn starch, pectin (standardized with sucrose), cellulose gum, sodium citrate), citric acid, glycerin, curcumin for color, sucralose, paprika for color.

Most of the calcium supplements at the store are calcium *carbonate* which will not be absorbed without FOOD. Make sure to read the ingredient list carefully to buy calcium CITRATE or take carbonate with food.



Where To Purchase

You can purchase your bariatric multivitamin w/ iron and calcium citrate w/ vitamin D from:

- Bariatric Advantage (bariatricadvantage.com) – **validation code GBMC** (NOT promo code) will apply 15% off your purchase
- Celebrate Vitamins (celebratevitamins.com)
- Bariatric Fusion (bariatricfusion.com)
- Procure Health (procurehealth.com)
- BariLife (barilife.com)
- BariatricPal (bariatricpal.com)
- BariMelts (barimelts.com)

Many of these companies have sample packs to try!

Requirements for vitamins:

Thiamin At least 12 mg / day * At risk patients need at least 50 – 100 mg of thiamin daily. **

Folic Acid 400 – 800 mcg / day from MVI 800 – 1,000 mcg / day total (female, child bearing age)

B12 Oral: 350 – 1,000 mcg / day

Vitamin D 3,000 IU (75 mcg)

Vitamin A 5,000 – 10,000 IU (1,500 – 3,000 mcg) / day

Vitamin E 15 mg / day

Vitamin K 90 – 120 mcg / day

Copper 1 mg / day from MVI

Zinc 8 – 11 mg / day from MVI Zinc to copper ratio: 8 – 15 mg of zinc for every 1 mg of copper

Iron (from all supplements) At least 18 – 60 mg / day ** CANNOT take with Calcium. Low risk patients (males and patients without a history of anemia) need 18 mg of iron from their multivitamin. Higher risk patients (menstruating females who have had sleeve or RNY or those with anemia) need at least 45-60 mg of iron daily.

Calcium (from food and supplements) 1,200 mg (if you've never had a vitamin D or calcium deficiency) to 1,500 mg / day - Take in divided doses

Calcium Citrate may be taken with or without meals, calcium carbonate must be taken with meals.

Sample Schedule for Vitamins and Minerals

You don't have to take your vitamins in any particular order, they just must be spread out by AT LEAST 2 hours

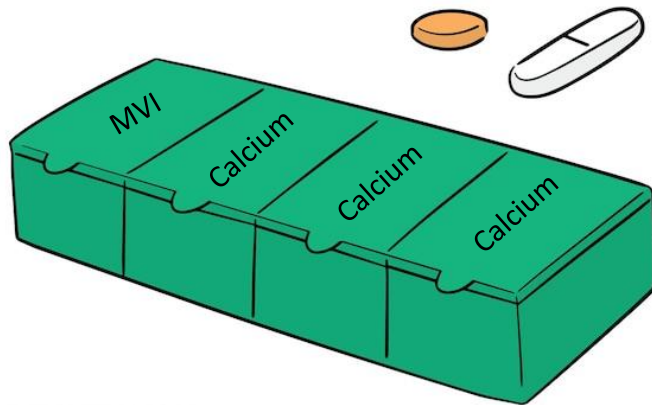
Sample Schedule 1:

8am: 1 serving bariatric multivitamin

10am: 500mg calcium w/ vitamin D

12pm: 500mg calcium w/ vitamin D

2pm: 500mg calcium w/ vitamin D



Sample Schedule 2:

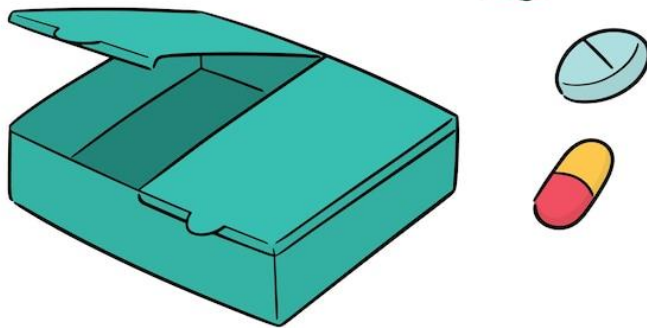
Take them with your meals/snacks:

Breakfast: 1 serving bariatric multivitamin

Lunch: 500mg calcium w/ vitamin D

Snack: 500mg calcium w/ vitamin D

Dinner: 500mg calcium w/ vitamin D



Take your multivitamin on a FULL stomach – taking it without food may cause nausea!