

Required Vitamin/Mineral Supplements

For the first 4 weeks after surgery, supplements need to be chewable, liquid, powder, crushed or crumbled. You will need to take these two every day for the rest of your life.

Multivitamin

- Your multivitamin should have:
 - Thiamin
 - 400 mcg folic acid
 - 18mg iron
- Purchase Chewable Flintstones Complete or approved chewable multivitamin for at least the 1st month post-op, on pg 47.
- Take **2 servings of multivitamin**, 1x/day with a meal.
- Separate from Calcium Citrate by at least 2 hours.
- **Do not purchase Gummy Vitamins**



Calcium Citrate + Vitamin D

- Purchase **Liquid or Chewable** for at least the 1st month post-op, approved list on pg 47.
- Supplement 1200-1500mg total daily.
- Take **2-3 separate times** per day, with meals, since body can only absorb 500-600mg at one time.
- Separate from multivitamin.
- Make sure it is Calcium **Citrate**.

Supplement Facts		
Serving Size 1 Tablespoon (15 mL)		
Servings Per Container 32		
Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	1.5 g	<1**
Sugars (as fructose)	1.5 g	
Includes 1.5 g added sugars		3**
Vitamin D ₃ (as 400 IU cholecalciferol)	10 mcg	50
Calcium (as citrate)	600 mg	46
Magnesium (as citrate, aspartate)	300 mg	71
**Percent Daily Value based on a 2,000 calorie diet.		

Sample Schedule:

Take 500 mg calcium with each meal and **2 servings** of multivitamin with a snack

- or -

Breakfast – take 2 servings multi – Lunch – take 500 mg Calcium –
Dinner – take 500 mg Calcium – Before Bed – take 500 mg Calcium

TIPS: download Baritastic app for reminders, set 2 hr. alarms on phone, have set of supplements at work and home.

Approved Bariatric Vitamins

Approved Multivitamins

Chewable (for at least 1st mo post-op)

- Flintstone Chewable Complete
- Centrum Adults Under 50 Chewable (NOT Centrum Silver)
- Bariatric Advantage Multi EA
- Bariatric Essential Multi
- DEKAs Bariatric Chewable Multi
- Celebrate Multi-Complete Chewable
- Opurity Bypass and Sleeve Optimized Multi
- ProCare Health Bariatric Chewable

Pills (may start one month post-op)

- Bariatric Advantage Ultra Multi with Iron
- Centrum Adults Under 50 Tablets (NOT Centrum Silver)

Alive!

- Daily Energy
- Ultra Potency
- Women's Ultra Potency

Nature Made

- Multi Complete
- Multi for Her
- Multi Prenatal

One A Day Women's Petite

Approved Calcium Citrate

Chewable (for at least 1st mo post-op)

- Bariatric Advantage Chewable Tablet
- Bariatric Advantage Chewy Bites
- Calcet Creamy Bites
- Celebrate Calcium Citrate soft chews
- Celebrate Calcium Citrate Chewable tablet
- Opurity Calcium Citrate Chewable

Liquid (for at least 1st mo post-op)

- Wellesse Liquid Calcium Citrate
- Bluebonnet Liquid Calcium Citrate
- Solgar Liquid Calcium Citrate
- Natures Blend Liquid Calcium Citrate



Pills (may start one month post-op)

- Citracal Regular
- Citracal Petite
- Bariatric Advantage Calcium Citrate Non-Chewable Tablet
- Celebrate Calcium PLUS tablet

Additional Vitamin Guidelines

- Calcium and iron (in the multivitamin) bind, so don't take them together. Separate calcium and multivitamin/iron by at least 2 hours.
- **Avoid Gummy Multivitamins, Men's Vitamins, Older Adult and "Silver Vitamins".**
- Avoid herbs and herbal extracts without talking to your healthcare provider first.
- Avoid taking vitamins on an empty stomach, and use water to swallow your pills.
- Choose the fewest number of other ingredients (e.g. sugars, herbs, caffeine, etc.).
- Check the expiration date and use by this date.
- Store vitamins in a cool, dry place. Humid places (e.g. fridge or bathroom) and direct sunlight can destroy vitamins.