Post Bariatric Surgery Vitamin & Mineral Supplements: Required FOR LIFE

Your new pouch/sleeve is too small to absorb all of the nutrition your body requires from food alone. You will need to take these supplements every day for the rest of your life unless you are told otherwise by your bariatric team.

- **Complete Multivitamin**
  - For the first 30 days, when you are on the pureed diet, your multivitamin should be chewable
    - *Flinstone Complete Chewable*
    - *Centrum Complete Chewable*
  - After 30 days, you may switch to a **tablet/pill**
    - *Centrum A-Zinc*
    - *Womens One a Day*
    - *Alive Multivitamin*
  - For the first 6 months take **2 multivitamins** per day
    - One in the morning
    - One at night
  - After first 6 months take 1 multivitamin per day for LIFE
  - Other options for a complete multivitamin include:
    - *Bariatric Advantage* - use code ‘MUSC’ at bariatricadvantage.com for 15% off
    - *Optisource* from Walgreens
    - *Celebrate Vitamins*
    - *Bariatric Fusion*
    - *Opurity/Unjury*
    - *Nascobal/BariActiv* – home delivery program (ask for more info)
  - **NO gummyns, men’s or senior’s/silver formulas** (they have no iron or B1)
  - Your multivitamin should have about 20 vitamins/minerals in it (including Thiamin (B1), Iron, Folate, and Vitamins A, D, & E)

- **Vitamin B12**
  - Due to lack of stomach acid, you will not absorb vitamin B₁₂ from the stomach anymore and need to take a form that is absorbed in the mouth/nose/muscle
  - You need at least **500 micrograms (mcg) per day**
  - Other options for vitamin B12 include:
    - 1000 micrograms (mcg) intramuscular (IM) shot from your primary care physician monthly
    - 2000 micrograms (mcg) intranasal vitamin B12 with prescription weekly
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- **Calcium Citrate**
  - After surgery, you need **1200-1500 mg** of calcium **CITRATE**
  - You will need to take your calcium in **divided doses** at least 2-3 times a day
  - You can take as a tablet/pill, chewable, liquid or powdered supplement
  - Be sure to read the “supplement facts” so you know how many pills you need to take to get in 1200-1500 mg a day. When it says, ‘serving size’ = 2, and 2 gives you 600 mg, that means you need 2 to get in 600 mg, and 2 doses of 2 = 4 per day to get in 1200 mg!
    - **Tablet**
      - Citracal Maximum – 2 pills, 2x/day = 4/day (1260 mg)
      - Citracal Petite – 2 pills, 3x/day = 6/day (1200 mg)
    - **Chewable**
      - Bariatric Advantage Chewy Bites
        - 1 chew (500 mg ea), 3x/day = 3/day (1500 mg)
        - 2 chews (250 mg ea), 3x/day = 6/day (1500 mg)
      - Calcut Creamy Bites - 1 chew (500 mg), 3x/day = 3/day (1500 mg)
      - Celebrate Soft Chew Calcium
        - 1 chew (500 mg ea), 3x/day = 3/day (1500 mg)
        - 2 chews (250 mg ea), 3x/day = 6/day (1500 mg)
      - Opurity Calcium Citrate Plus – 2 chews (300 mg ea), 2x/day = 4/day (1200 mg)
    - **Powders/Crystals**
      - Bariatric Advantage Calcium Crystals – 1 pkt (600 mg ea), 2/x day = 2 pkts/day (1200 mg)
      - UpCal D (from Amazon.com) – 1 dose (500 mg ea), 3x/day= 3 doses/day (1500 mg)

- **Vitamin D3**
  - You need a total of 3000 IU of vitamin D3 each day (from your multi, calcium and a separate vitamin D supplement)
  - Your vitamin D3 supplement should have at least **2000 IU per day**
  - You can take as a gel cap/tablet or some chewable options
  - If you are very deficient (with a vitamin D level <20), your bariatric team will prescribe you a high dosage prescription supplement, which you will take in addition to this daily dosage

Depending on your individual labwork, you may need additional vitamin/mineral supplements to correct deficiencies— you will get a letter from the dietitians if labs are abnormal.

  - Be sure to get your lab work checked yearly. If you prefer to have your labwork checked by your primary care physician, please have them fax to (843) 876-4201 or (843) 876-4199
  - Check the following ANNUALLY: CBC, BMP, Total Protein, Albumin, Prealbumin, Serum Folate, Serum Iron, UIBC, TIBC, Ferritin, Vitamin B12, Serum 25-hydroxy vitamin D, HgbA1c, Serum Thiamin, Vitamin B6, Ceruloplasmin, and Zinc