








# Bariatric Brand Vitamin and Mineral Supplements

RNY Gastric Bypass & Sleeve Gastrectomy

	BRAND	AMOUNT NEEDED	NOTES	WHERE TO BUY
	<b>Celebrate Multi Complete</b> * Available in the AdventHealth Celebration pharmacy	1 chew - twice a day or 1 cap - 3 times a day	Must also take 500 mg calcium citrate twice a day. <b>Available with 36, 45, and 60 mg iron</b>	<a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> 877-424-1953 ** Other multivitamin options available, including iron free vitamins
	<b>Bariatric Advantage Ultra Solo With Iron</b>	1 cap per day	Must also take 500 mg calcium citrate twice a day. <b>Contains 45 mg iron</b>	<a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a> 800-898-6888 ** Other multivitamin options available, including chewable and iron free vitamins
	<b>Bariatric Fusion-Chewable</b> * Available in the Advent Health Celebration Pharmacy	2 chews – 2 times a day	No additional calcium required. <b>Contains 45 mg iron</b>	<a href="http://www.bariatricfusion.com">www.bariatricfusion.com</a> 866-259-0602 ** Other multivitamin options available, including a one per day (multivitamin only) capsule
	<b>Bariatric Choice All-in-One chewable</b> *Does not contain vitamin K	1 chew a day or 1 cap - 2 times a day	Must also take 500 mg calcium citrate twice a day. <b>Contain 45 mg iron</b>	<a href="http://www.dietdirect.com/bariatricchoice.html">www.dietdirect.com/bariatricchoice.html</a> 800-567-3438
	<b>Opurity Bypass &amp; Sleeve Optimized</b>	1 chew a day or 1 cap - 2 times a day	Must also take 500 mg calcium citrate twice a day. <b>Contain 45 mg iron</b>	<a href="http://www.unjury.com/vitamins.html">www.unjury.com/vitamins.html</a> 800-517-5111
	<b>ProCare Health Bariatric</b>	1 chew a day or 1 cap a day	Must also take 500 mg calcium citrate twice a day. <b>Contains 45 mg iron</b>	<a href="http://www.procarenow.com">www.procarenow.com</a> 877-822-5808
	<b>Bari Activ-</b> Available with prescription from surgeon	1 chew - twice a day or 1 cap a day * Vit. B12 – one squirt per week -nasal spray	Comes with 2 calcium twice a day and 1 iron tab or 3 iron chews for <b>54 mg iron.</b>	<a href="http://www.nascobal.com/hcp/bariactiv-supplements">www.nascobal.com/hcp/bariactiv-supplements</a> ** Must have prescription from surgeon's office

For any questions, please contact the bariatric dietitians. Please check with the dietitians before purchasing a bariatric supplement that is not listed on this page to make sure it meets current bariatric standards.

sheila.floresjorge@adventhealth.com | 407-303-4369 or  
ann.tamanini@adventhealth.com | 407-303-4085

\*Many of these products are also available on Amazon.com.

