



# Vitamin and Mineral Supplements

You will need to take supplements every day for the rest of your life

**Start taking your daily Vitamin/Mineral supplements as soon as you are at home after surgery (full liquid stage).**

## Multivitamin



**Recommended Protein Powders**  
**Make sure your vitamin has:**

- Thiamine
- 400 mcg folic acid
- 18 mg iron

Must be taken at least 2 hours apart from calcium as the iron in the multivitamin competes for absorption with calcium.

## Calcium + Vitamin D



**Make sure to get at least:**

- 1500 mg total of calcium citrate (usually in doses of 500 mg)
- 1000 IU total of vitamin D

This supplement needs to be taken 3 separate times a day, because your body can only absorb 500-600 mg calcium doses by at least 2 hours.

Most of the calcium supplements at the store are calcium carbonate or phosphate, which will not be well absorbed after surgery. Make sure to read the ingredient list carefully to buy calcium CITRATE.

## Sample Schedule

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

**-or-**

Wake up – take 2 servings MVI – wait 2hrs – take 500 mg Calcium – wait 2hrs - take 500 mg Calcium – wait 2 hrs. – take 500 mg Calcium

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



# Multivitamin

Take 2 servings 1x/day if you're taking an over the counter option

You can purchase Celebrate or Bariatric Advantage online (celebratevitamins.com or bariatricadvantage.com) OR go to store and get over the counter vitamins. **You may take pills, liquid, or chewables if they meet our guidelines. Liquid vitamins may not have iron, so you'll need to take 36 mg extra if that's the case.**



You must **DOUBLE** serving size if taking over the counter vitamins.

Supplement Facts		
Serving Size:	1 tablet	
Servings Per Container	60	
Amount Per Serving		%DV
<b>Calories</b>	10	
<b>Total Carbohydrate</b>	2 g	0%
Sugars	2 g	
Vitamin A	5000 IU	100%
Vitamin C	90 mg	150%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Vitamin K	40 mcg	50%
Thiamine (or B1)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B6	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic acid	10 mg	100%
Iron	18 mg	100%
Iodine	150 mcg	100%
Magnesium	100 mg	25%
Zinc	15 mg	100%
Selenium	55 mcg	79%
Copper	1 mg	100%
Manganese	2 mg	100%
Chromium	35 mcg	29%
Molybdenum	75 mcg	100%

**OTHER INGREDIENTS:** sugar, natural and artificial flavors, stearic acid, dried coconut oil complex, microcrystalline cellulose, magnesium stearate, silica, citric acid, malic acid, sucralose, FD&C red #40, FD&C blue #1.

Contains Thiamine

400 mcg Folic Acid

18 mg Iron

Contains Zinc

Contains Selenium



**Avoid:**

- Gummy vitamins (too sticky, not enough nutrients)
- Men's vitamins (usually no iron)
- Silver/Older adults vitamins (no iron)
- Mint chewable Centrum (no iron)



# Calcium Citrate + Vitamin D Supplement

3 times/day @ 500 mg for a total of 1500 mg daily



Supplement Facts		
Serving Size:	2 tablets	
Servings Per Container	60	
Amount Per Serving	%DV	
<b>Calories</b>	15	
<b>Sodium</b>	10 mg	<1%
<b>Total Carbohydrate</b>	4 g	0%
Sugars	0 g	
<b>Vitamin D</b>	400 IU	100%
<b>Calcium (elemental)</b>	500 mg	50%
<b>Sodium</b>	5 mg	<1%
<b>INGREDIENTS:</b> Calcium Citrate, Polyethylene Glycol, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Magnesium Silicate, Titanium Dioxide (Color), Vitamin D3 (Cholecalciferol).		

250-600 IU of Vitamin D per 500-600 mg calcium

2 tablets = 500 mg calcium  
To get 1500 mg of calcium, take 2 tablets 3 times a day

Get calcium citrate NOT carbonate or phosphate

## Approved Product Examples

### Chewable



### Tablets



Be sure to check the serving size.



# Supplement Checklist

Only purchase a product if it meets all of the criteria listed

## Protein Powder, Shakes or Bars

- First listed ingredient is “Isolate” (can be whey isolate, soy isolate, milk isolate, etc.)
- Contains at least 15-30 g protein per serving
- Less than 200 calories per serving
- Less than 5g of sugar per serving for powders (less than 10g for bars)

## \*Multivitamin (2 servings/day)

- 400 mcg Folic Acid
- 18 mg Iron
- Contains Thiamin(e) (Vitamin B1)
- No gummies, candies, etc.

## \*Calcium Citrate w/ Vitamin D (500mg 3x/day)

- Contains 500 mg calcium citrate AND at least 500 IU Vitamin D3 (cholecalciferol)
- Supplement is Calcium Citrate, NOT calcium phosphate or calcium carbonate

### Take the following supplements **ONLY** if recommended by your doctor:

**Vitamin B12:** Choose a supplement that has 500 mcg Vitamin B12 and says “sublingual”

**Vitamin D3:** If purchasing over the counter, choose vitamin D3 (cholecalciferol) 5,000 IU

**Iron + C:** You will need 36 mg daily of ferrous fumarate iron (50-100mg/day for menstruating women)

**Vitamin B1 (Thiamin):** Ensure 100 mg daily

**Biotin (B7):** May help reduce hair loss and assist with regrowth, take 5,000-10,000 mcg daily if desired