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

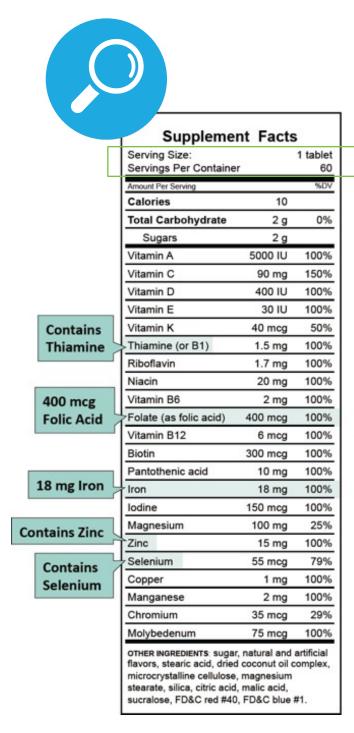
Wake up – take 2 servings MVI – wait 2hrs – take 500 mg Calcium – wait 2hrs - take 500 mg Calcium – wait 2 hrs. – take 500 mg Calcium

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



## 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.













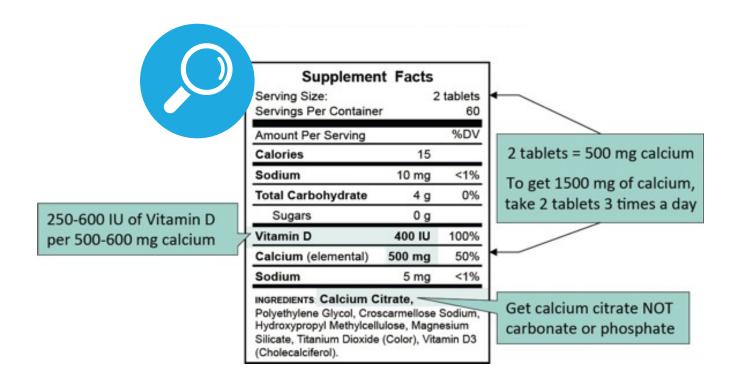
#### Avoid:

- 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



# **Approved Product Examples**





Be sure to check the serving size.

<b>Protein Powder</b>	, Shakes or Bars
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	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)	

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

☐ Supplement is Calcium Citrate, NOT calcium phosphate or calcium carbonate

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