Name ______________________________________ Date ________________
Email ____________________________________ Phone ___________________

Bariatric Surgery Vitamin and Mineral Supplements

For the first month after bariatric surgery, you need to have chewable or liquid vitamins and minerals. After 1 month, you can switch to pills. Most other medications are designed to dissolve easily, but vitamins and minerals do not. So while you are healing, it is best to take chewable supplements. The types of vitamins and minerals you will need are listed below.

Do not take your other vitamins at the same time as your calcium citrate supplements. Calcium and iron (in the multivitamin) compete for absorption. It is best to take your vitamins a couple of hours apart from your calcium.

It is also important that you spread out your doses when you take your calcium supplements. For better absorption, the doses should be taken at least 2 hours apart. It is best to take your calcium supplements with meals.

**Multivitamin with Iron**

- Buy only from the following list of “**Complete with Iron**” vitamins.
  - Pokemon Complete with Iron
  - Flintstones Complete
  - Centrum Children’s Complete with Iron
  - Centrum Adult Chewable Vitamins or Centrum Liquid
  - CVS Spectravite Chewable or Liquid
  - Walgreen’s Complete Multivitamin Multimineral Supplement Liquid

- Since you will be taking 2 multivitamins a day, you will need at least 60 chewable tablets for the first month.

**Vitamin B-12**

- Buy sublingual (melts under your tongue) vitamin B-12.
- You need 350 to 500 micrograms (mcg) of vitamin B-12 per day oral/sublingual or nasal or 1,000 micrograms per month intramuscularly.

**Do not** buy time release.

- You can take vitamin B-12 once a day. You do not need to spread out the doses.
Vitamin D-3

- The amount of vitamin D recommended is 3,000 IU a day. Vitamin D can be found in liquid or in gel caps.
- You can take vitamin D-3 once a day. You do not need to spread out the doses.

Calcium Citrate with Vitamin D

- Purchase a calcium supplement that contains vitamin D.
- The amount of calcium you need:
  - Men and premenopausal women: 1,200 milligrams (mg) a day.
  - Postmenopausal women: 1,500 milligrams a day.

Notes: