



Memorial
Weight-Loss Surgery Program

VITAMIN AND MINERAL REQUIREMENTS AFTER WEIGHT-LOSS SURGERY

Type of Vitamin/Mineral	Dosage
Adult Complete Multivitamin	Two daily
Calcium	Sleeve and RNY: 1200-1500 mg daily <i>Duodenal Switch</i> : 1800-2400 mg daily <ul style="list-style-type: none"> • Take in divided doses, no more than 500-600 mg at a time. • Calcium Citrate may be taken with or without food. • Calcium Carbonate should be taken with food.
Vitamin B12	oral : 350-500 mcg daily (disintegrating tablet, sublingual, or liquid) injection: 1,000 mcg a month nasal: as directed by doctor and/or manufacturer
Vitamin B Complex with Thiamin	one daily , preferably with 50-100 mg of Thiamin (Vitamin B1)
Additional, Only as Needed	
Iron	total of 45-60 mg daily if needed (for females with menses and anyone with a history of anemia) <ul style="list-style-type: none"> • take separate from calcium by 2 hours. • take separate from acid-reducing medications.
Vitamin D	at least 3,000 IU daily to maintain blood levels at 30 ng/ml or above

1. A **complete multivitamin** would contain a minimum of:
 - **Iron:** 18 mg
 - **Folate (Folic acid):** 400-800 mcg (**Women of childbearing age:** 800-1000 mcg)
 - **Thiamin (Vitamin B1):** 12 mg
 - **Vitamin E:** 15 mg
 - **Vitamin A:** 5,000 IU (*Duodenal Switch:* 10,000 IU)
 - **Vitamin K:** 90-120 mcg (*Duodenal Switch:* 300 mcg)
 - **Zinc:** 8-11 mg/day (*RNY:* 8-22 mg/day & *Duodenal Switch:* 16-22 mg/day)
 - **Copper:** 1 mg/day (*RNY & Duodenal Switch:* 2 mg/day)
2. **Chewable, crushed, or liquid** formulations of medications, vitamins, and minerals are better absorbed and recommended for the **first two months after surgery**. You may be able to progress to whole tablet/capsule as tolerated once you are on a regular diet, but discuss this with your doctor or dietitian first.
3. **Read supplement labels carefully** as it is unlikely that one single product has all the vitamin/minerals needed.
4. **NOT RECOMMENDED:** gummy, children's, or senior vitamins/minerals, which may not be complete (i.e. Flintstones™, Centrum® Vitamins®, Centrum® Silver®, Alive!® Adult Gummies, VitaFusion™ MultiVites Gummy)
5. Please **discuss medication management with all your physicians, and formulate a plan for taking your medications when on the liquid diet before surgery, and after bariatric surgery.**
6. Inform your physicians of possible need to take medications in chewable, crushed, or liquid form after surgery. Some prescribed medications may need to be changed or altered.

Bariatric Vitamin and Mineral Supplement Options

Start taking 5 days after surgery

CHOOSE ONLY ONE OF THESE OPTIONS:

1. **Duodenal Switch option: Bariatric Advantage EA Chewable Multivitamin and Caltrate Chewables 600 + D3 Plus Minerals-** Take 1 multivitamin chewable twice daily and 1 calcium chewable three times daily.
www.BariatricAdvantage.com and www.walmart.com
2. **Procare Health Bariatric Chewable Multivitamin for Roux-en-Y and Gastric Sleeve and Dark Chocolate Calcium Citrate Chew plus Vitamin D**
Take 1 multivitamin tablet daily and 1 Calcium with Vitamin D chews three times daily.
www.Procarenow.com
3. **Optisource Post Bariatric Surgery Chewable Multivitamin, Calcium Citrate Chew and Nature's Bounty Sublingual Liquid B Complex supplement**
Take 1 multivitamin tablet four times daily, 1 Calcium Chew daily and 1 B-Complex liquid supplement daily.
www.Walgreens.com www.Walmart.com
4. ****Celebrate 2 in 1 Bariatric Chewable Multivitamin and Chewable Iron 60 mg or **Veglife Chewable Iron 60 mg**
Take 2 tablets twice daily and 1 Iron chew 1 time daily.
www.CelebrateVitamins.com
5. **Bariatric Choice All in One Multivitamin with Calcium Citrate and Sundown Naturals Sublingual Liquid B-Complex, or Spring Valley Sublingual Liquid B-Complex**
Take 1 wafer 4 times daily and 1 liquid B-Complex supplement daily.
www.BariatricChoice.com
6. **Bariatric Fusion Complete Multivitamin OR Bariatric Fusion Stick Pack OR Bariatric Fusion Soft Chews and Iron Chew 45 mg**
Take 2 chewable tablets twice daily OR
Take 1 stick pack twice daily OR
Take 3 chews twice daily and Iron Chew once daily.
www.BariatricFusion.com
7. **Bari Life Complete Bariatric Multivitamin Powder (unflavored, "Cherry Berry" or "Orange")**
Take 2 scoops of powder 1 time a day.
www.Barilife.com

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