

## What Vitamins Do I Need After Weight Loss Surgery?

*Remember: taking the appropriate vitamins every day is a lifelong commitment!*

We do not recommend any specific brands. Examples are listed:

Supplement	Examples	Schedule
Complete Multivitamin/ Multimineral	-Centrum Chewables -Flintstones Complete Chewables -One-A-Day Women's -Centrum Adults Under 50 -Centrum Women Under 50 -CVS Spectravite Chewable or Liquid -Walgreens Complete Multivitamin/Multimineral Liquid	Twice daily
Calcium with Vitamin D	-Bariatric Advantage* or Celebrate* Chewables -Citracal tablet -Wellesse liquid -TwinLab wafers -Caltrate Calcium and Vitamin D soft chews (take with food) -Nature Made Calcium 600 mg + D (take with food)	600 mg twice daily (separate doses) <b>OR</b> 500 mg three times daily (separate doses)
Vitamin B12 (sublingual)	-Spring Valley Sublingual 500 mcg B12 microlozenges -CVS Sublingual B12 cherry microlozenges - Twin Lab 500 mcg sublingual dots	500 mcg daily

\*www.bariatricadvantage.com (1-800-898-6888), www.celebratevitamins.com (1-877-424-1953)

### Other supplements that may be recommended:

- **Iron:** only if advised by the bariatric team; take 240-325 mg per day of ferrous gluconate
- **Vitamin D3:** there should be some vitamin D in your calcium and multivitamin supplements, but you may need an additional 1,000-2,000 IU daily, especially if you have a history of low vitamin D levels

### Notes:

- You can buy vitamins wherever you prefer to get any supplements.
- Avoid Men's formula vitamins and "Silver" vitamins – they do not contain adequate iron
- Take calcium supplements separately from any vitamins containing iron (including your multivitamin), because *calcium and iron compete for absorption*
- It is best to take chewable or liquid vitamins for the first 6 months after surgery; after that, you can switch to tablets if desired
- If your calcium supplement contains calcium carbonate, it needs to be taken *with food*

#### Sample Daily Supplement Schedule:

Morning (8am): 1 multivitamin + 500 mcg B12

Noon (12pm): 600 mg calcium citrate with Vitamin D

Evening (6pm): 600 mg calcium citrate with Vitamin D

Bedtime (9pm): 1 multivitamin + 325 mg iron

*only if directed by the Bariatric Team*

\*If you wish, you can take 500 mg of calcium citrate with Vitamin D three times a day – noon, 3pm, 6pm.