





Required Vitamins and Supplements

Supplement/Dosage	Times per Day	Over the Counter Examples
Multivitamin 	2	<ul style="list-style-type: none"> • Centrum Chewables • Flintstones Complete (and generic) Chewables • Nature Made Tablet • Equate One Daily Women's Health Multivitamin
Calcium with Vitamin D (500-600mcg) 	2	<ul style="list-style-type: none"> • Viactiv Calcium Plus D, Soft Chews • Caltrate 600+D Calcium Supplement, Soft Chews • Petite or mini versions available • Nature Made Calcium 600 mg + D (take with food) • Spring Valley Calcium Citrate 600 mg • Vitafusion Calcium Gummies 500 mg • Vitamin Shoppe Calcium soft chews 500 mg
Vitamin B12 (500mcg) 	1	<ul style="list-style-type: none"> • Spring Valley Sublingual 500 mcg B12 microlozenges (Walmart or Amazon) • CVS Sublingual B12 cherry microlozenges • TwinLab 500 mcg sublingual dots
Thiamine/Vitamin B1 (100mg) <i>First month only</i> 	1	<ul style="list-style-type: none"> • Nature Made vitamin B1 • Now B-1, 100 mg tablets • Solaray vitamin B1

Notes:

- Take calcium supplements separately from any vitamins containing iron (including your multivitamin) at least 2 hours apart because *calcium and iron compete for absorption*
- It may be easier to take chewable or liquid vitamins at first after surgery; after that, switch to tablets if desired
- Avoid gummy multivitamins, vitamin patches, men's formula, or silver vitamins
- If you have been prescribed additional vitamins/supplements (e.g. Vitamin D3, Vitamin B12, and iron), continue taking them as instructed.

Sample Supplement Schedule:

Morning (8am)	1 multivitamin + 500 mcg B12 + 100 mg thiamin*
Noon (12pm)	500-600 mg calcium with Vitamin D
Evening (6pm)	500-600 mg calcium with Vitamin D
Bedtime (9pm)	1 multivitamin + (if prescribed) iron