



Vitamins and Minerals

VITAMIN	FIRST MONTH
Multi-vitamin	2 chewable children's vitamin (does not have to be 'sugar free')
Iron (after the first 2 weeks)	Iron 65mg twice a day (for menstruating women only). You may have to ask the pharmacist for this.
Vitamin B12	Vitamin B12 500mcg tablet per day or one injection (1000 mcg) per month (prescription required) or B12 (1000mcg) sublingual (under tongue) ** Please note the different doses, depending on the type of B12**

- Daily vitamin supplementation



Vitamins and Minerals

VITAMIN	AFTER 1 MONTH
Multi-vitamin	2 chewable children's (does not have to be 'sugar free' or one adult multivitamin (non-chewable) per day.
Calcium Citrate plus D	Calcium CITRATE plus D, 4 caplets per day- 2 in the am and 2 in the pm. (Citrical plus D or generic is acceptable) Calcium <u>Citrate</u> is required because it is the only calcium that is properly absorbed after gastric bypass. Ask your pharmacist if you need assistance.
Iron	Iron 65mg twice a day (for menstruating women only). You may have to ask the pharmacist for this strength
Vitamin B12	Vitamin B12 500mcg tablet per day or one injection (1000 mcg) per month (prescription required) or B12 (1000mcg) sublingual (under tongue) ** Please note the different doses, depending on the type of B12**

DO's



- **DO** spread the vitamins and minerals throughout the day
- **DO** consider B12 injections or sublingual (under the tongue) B12 if you do not like to take pills. The sublingual dissolves under the tongue and does not need to be swallowed. You can purchase it at GNC or other vitamin stores.
- **DO** use calcium citrate for calcium supplementation, as it is better absorbed by the body.



DO NOT'S

- To avoid nausea, **DO NOT** take vitamins and minerals on an empty stomach, especially iron. If the iron causes nausea or stomach upset, you can try a less nauseating form of iron called Slow Fe.
- **DO NOT** take calcium and iron at the same time; take at least four hours apart. If you take them together, you will not absorb either of them and are likely to become constipated.
- **DO NOT** take vitamins and minerals with tea, coffee, or cola. The caffeine will prevent them from being absorbed.
- **DO NOT** take Caltrate or calcium carbonate. It will not be absorbed properly. You **MUST** take Calcium CITRATE plus D (4 pills per day)



Five Keys to Success

- No sugar
- No junk food
- Exercise
- Dietary compliance
 - Full liquid (0-2 weeks)
 - Pureed diet (2-4 weeks)
- Attitude, attitude, attitude!!



Vitamin and Mineral Supplements after Malabsorptive Bariatric Surgery

1. MULTIVITAMIN with MINERALS: 1 chewable tablet, daily to twice a day
2. CALCIUM SUPPLEMENTS: chewable tablets, 1.2 g elemental calcium, daily

Specific deficiencies

3. THIAMINE: 100 mg tablet, twice daily or THIAMINE: 100–250 mg intramuscular, monthly
4. NIACIN: 500 mg orally, 3 times daily
5. FOLIC ACID: 1–5 mg orally, daily
6. VITAMIN B12: 1000 mg, intramuscular, monthly or SUBLINGUAL VITAMIN B12: 500 mg tablet once daily
7. VITAMIN A: 10,000 IU orally, daily
8. VITAMIN D (ergocalciferol): 50,000 IU with a meal once weekly (up to 12 weeks) followed by VITAMIN D3 (cholecalciferol): 1000 IU with a meal twice daily
9. VITAMIN E: 800–1200 IU orally, daily
10. VITAMIN K: 5–20 mg orally, daily
11. IRON: iron/vitamin C complex, 1 tablet daily before a meal, iron elixir (through a straw), or parenteral iron
12. ZINC SULFATE: 220 mg capsule, daily to every other day
13. COPPER GLUCONATE: 2 mg capsule, daily to every other day