

# Dietary Supplements Following Weight Loss Surgery

After weight-loss surgery, you need to take vitamin and mineral supplements every day for the rest of your life. **If you do not take your vitamin and mineral supplements after surgery you will become malnourished!** Bypass AND Sleeve patients should follow the same vitamin routine. You will need chewables for the first 30 days, and most patients continue with the chewables for the long-term.

## Multivitamin plus minerals

- Take 2 multivitamins each day.
  - One in the morning, and the other in the evening.

## Calcium Citrate

- Take 1,200mg – 1,500mg each day in divided doses.
  - Always take calcium citrate, not any other form of calcium.
  - If you want to boost your absorption even more take your Vitamin-D with the calcium.

## Vitamin B-12

- Take 300mcg – 500mcg each day.
  - If you get a high potency tablet get at least 3,000mcg each week.
  - If you feel the need to add a B-Complex vitamin to your routine, take it with the B-12.

## Iron

- Take 18mg – 60mg each day.
  - Try to get Ferrous fumarate, or Ferronyl Carbonyl iron.
  - The easiest way to get the right kind of iron is by ordering from one of the specialty companies.
  - Want better iron absorption?
    - Take a Vitamin-C with your iron.
    - Always separate the iron and calcium by 2 hours.

## Vitamin D

Take at least 3,000units each day.

Note: If you are taking the Bariatric Advantage Vitamin D supplement, take it ONLY 1 TIME/WEEK!

# Dietary Supplement Guidelines

It is probably best to buy supplements that are specifically made for bariatric surgery patients. A few good choices are:

- Bariatric Advantage [www.bariatricadvantage.com](http://www.bariatricadvantage.com) use validation code 'NMC' for a 15% discount. Telephone orders also receive the discount: (800) 898-6888
- Celebrate Vitamins [www.celebratevitamins.com](http://www.celebratevitamins.com) . Telephone orders: (877)424-1953

Don't take all your supplements in one big dose. See the sample schedule below. Spacing out the doses will improve absorption.

Separate your calcium and iron by at least 2 hours.

## Supplement Schedule

### Breakfast

- 1 chewable multivitamin/mineral supplement
- 1 chewable calcium
- Sublingual B-12 lozenge or drops
- Vitamin-D
  - Note: If you are taking the Bariatric Advantage Vitamin D supplement, take it ONLY 1 TIME/WEEK!

### Lunch

- Iron supplement (lower dose for men and post-menopausal women, higher dose for pre-menopausal women)

### Dinner

- 1 chewable multivitamin/mineral supplement
- 1 chewable calcium