

# Vitamin & Mineral Supplements

## Form & Type

- **Recommended: capsule, chewable, soft chew, or liquid** vitamins are best for absorption and less irritation after weight loss surgery. No gummies, tablets, or transdermal patches.
- **Vitamins must be bariatric specific.** Vitamins made for the general population do not meet the increased needs of a weight loss surgery patient.

## Vitamin Requirements per Surgery (ASMBS Guidelines):

	Gastric Sleeve	Gastric Bypass	Duodenal Switch
<b>Bariatric Multi Vitamin</b>	Required	Required	Required
<b>Iron*</b>	30-45 mg daily	30-45 mg daily	45-60 mg daily
<b>Calcium Citrate</b>	1000-1500 mg daily	1000-1500 mg daily	1500-2400 mg daily
<b>B1*</b>	50 mg daily	50 mg daily	50 mg daily
<b>B12*</b>	1000 mcg daily	1000 mcg daily	1000 mcg daily
<b>Folic Acid*</b>	800 mcg daily	800 mcg daily	800 mcg daily
<b>Vitamin D3</b>	3,000-10,000 IU daily	3,000-10,000 IU daily	10,000+ IU daily
<b>Vitamin A*</b>	5,000-10,000 IU daily	5,000-10,000 IU daily	10,000 IU daily
<b>Vitamin E*</b>	15 mg daily	15 mg daily	15 mg daily
<b>Vitamin K*</b>	90 - 120 mcg daily	90 - 120 mcg daily	300 mcg daily
<b>Zinc*</b>	15 - 25 mg daily	15 - 25 mg daily	15 - 25 mg daily
<b>Copper*</b>	1 mg for every 8 - 15 mg zinc	1 mg for every 8 - 15 mg zinc	1 mg for every 8 - 15 mg zinc
<b>Probiotic</b>	Required	Required	Required

\*Typically included in a Bariatric MultVitamin.

## Vitamin Combinations for Sleeve & Bypass

(choose 1 option from the list below to meet your vitamin needs):

1. Multi Formula Ultra Capsule (3 per day), Calcium Chews (2 per day), and Floravantage Probiotic (1 per day).
2. Multi Formula Solo Capsule (1 per day), B12 sublingual (1 per day), Calcium Chews (2 per day), and Floravantage Probiotic (1 per day)
3. Advanced Multi EA Chewable (2 per day), Calcium Chews (2 per day), and Floravantage Probiotic (1 per day)
4. Multi Chewy Bite (2 per day), B complex (1 per day), Iron (1 per day), Calcium Chews (2 per day), and Floravantage Probiotic (1 per day)

## Vitamin Combinations for Duodenal Switch

(choose 1 option from the list below to meet your vitamin needs):

1. Multi Formula Ultra Capsule (3 per day), Calcium Chews (3 per day), ADK10 (1 per day) and Floravantage Probiotic (1 per day).
2. Multi Formula Solo Capsule (1 per day), B12 sublingual (1 per day), Calcium Chews (3 per day), ADK10 (1 per day), and Floravantage Probiotic (1 per day)
3. Advanced Multi EA Chewable (2 per day), Calcium Chews (3 per day), ADK10 (1 per day), and Floravantage Probiotic (1 per day)
4. Multi Chewy Bite (2 per day), B complex (1 per day), Iron (1 per day), Calcium Chews (3 per day), ADK10 (1 per day), and Floravantage Probiotic (1 per day)

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## □ Tips & Example Schedules for Taking Vitamins

- Space Iron-containing vitamin from your Calcium Citrate Chews by at least 2 hours.
- Split your Calcium Citrate Chews into separate doses for best absorption.
- Try taking your vitamins with a warm beverage to help it dissolve.
- Try taking your vitamins right before your first bite of a meal to help avoid nausea.
- You can space your multivitamins into smaller doses early post-op to help tolerate them more easily.

Multi Ultra Capsule with Iron	
Sleeve/Bypass:	Duodenal Switch:
<b>B:</b> Multi Capsule #1 <b>Mid-AM:</b> Calcium Citrate Chew #1 <b>L:</b> Multi Capsule #2 <b>Mid-PM:</b> Calcium Citrate Chew #2 <b>D:</b> Multi Capsule #3, Probiotic	<b>B:</b> Multi Capsule x 3, Probiotic, ADK10 <b>L:</b> Calcium Citrate Chew #1 <b>D:</b> Calcium Citrate Chew #2 <b>Bedtime:</b> Calcium Citrate Chew #3

Multi Ultra Solo Capsule with Iron	
Sleeve/Bypass:	Duodenal Switch:
<b>B:</b> Multi Ultra Solo Capsule, B12, Probiotic <b>L:</b> Calcium Citrate Chew #1 <b>D:</b> Calcium Citrate Chew #2	<b>B:</b> Calcium Citrate Chew #1 <b>L:</b> Probiotic, Calcium Citrate Chew #2, B12 <b>D:</b> Calcium Citrate Chew #3 <b>Bedtime:</b> Multi Ultra Solo Capsule, ADK10

Multi Advanced EA Chewable with Iron	
Sleeve/Bypass:	Duodenal Switch:
<b>B:</b> Multi Chewable x 2, Probiotic <b>L:</b> Calcium Citrate Chew #1 <b>D:</b> Calcium Citrate Chew #2	<b>B:</b> Multi Chewable x2, Probiotic <b>L:</b> Calcium Citrate Chew #1 <b>D:</b> Calcium Citrate Chew #2, <b>Bedtime:</b> Calcium Citrate Chew #3, ADK10

Multi Chewy Bites withOUT Iron	
Sleeve/Bypass:	Duodenal Switch:
<b>B:</b> Iron Chewable, Probiotic, B Complex <b>L:</b> Multi Chewy Bite #1, Calcium Citrate Chew #1 <b>D:</b> Multi Chewy Bite #2, Calcium Citrate Chew #2	<b>B:</b> Multi Chew Bite x 2, Iron Chewable, ADK10 <b>L:</b> Calcium Citrate Chew #1, Probiotic <b>D:</b> Calcium Citrate Chew #2, B Complex <b>Bedtime:</b> Calcium Citrate Chew #3