

# Vitamin and Mineral Supplementation

## Recommendations for Gastric Bypass and Sleeve Gastrectomy Patients

After bariatric surgery, it will be critical for you to take vitamin and mineral supplementation. Changes are made in the gastrointestinal tract during surgery that affects your body’s ability to absorb vitamins and minerals. Supplementation is important for preventing micronutrient deficiencies and it needs to be a part of your **daily** routine for the *rest of your life*.

Begin taking supplements **two weeks** after surgery. For the first few months after surgery, it is recommended that you choose supplements that are either **chewable or liquid** for better absorption. Three months after surgery you may choose to transition to a capsule or tablet if desired. Labs are usually drawn one year after surgery and can detect if a nutrient deficiency is present. These vitamins and minerals can be purchased at Target, Walmart, Walgreens, Vitamin Shoppe, or online.

Supplement	Dose & Frequency	Brands	Additional Recommendations
<b>Multivitamin with iron</b>	<b>2-3 adult multivitamins</b> per day, must include <b>iron, folate</b> (folic acid), and <b>thiamine</b>  Take 1 in the morning and 1 in the evening	<ul style="list-style-type: none"> <li>- Centrum Chewables™</li> <li>- Centrum Silver Adult Age 50+™ + Iron</li> <li>- My Bariatric Vitamins™ Chewables Post-Bariatric Surgery Multivitamin</li> <li>- Optisource Post Bariatric Surgery Formula Chewable</li> <li>- BARIATRIC CHOICE® All-In-One Multivitamin</li> </ul>	<p>Multivitamins with iron usually contain <b>18 mg/tablet</b> for total daily dose of 36 mg. There is <b>no need</b> to add additional iron for <b>men and postmenopausal women</b>.</p> <p><i>If you are menstruating woman, <u>total iron supplementation recommendation is 45-60 mg per day</u>, which may require an additional iron supplement. You may choose to buy multivitamin without iron and supplement the iron separately. <b>Ferrous fumarate</b> is the <b>best</b> absorbed form.</i></p> <p><b>Do NOT choose gummy vitamins. They are not complete and may cause deficiencies.</b></p>
<b>Vitamin B12</b>	<b>500 mcg sublingual</b> 1x/day OR <b>1,000 mcg injection</b> (available through PCP) 1x/month	<ul style="list-style-type: none"> <li>- CVS Health Vitamin B12 Sublingual</li> <li>- Life Extension Essential Vitamin B12</li> <li>- Nature's Bounty B-12 (liquid)</li> </ul>	
<b>Calcium</b>	<b>500-600 mg</b> 2-3x/day	<ul style="list-style-type: none"> <li>- Up&amp;Up Calcium Supplement Soft Chews</li> <li>- Viactiv Calcium plus D Dietary Supplement Soft Chews</li> <li>- KAL, Calcium Citrate Chewable</li> <li>- Caltrate Bone Health Advanced Chewables</li> </ul>	<p><b>Calcium citrate</b> is absorbed the best. Do not use calcium carbonate as it may not be absorbed. Do <b>NOT</b> take at the <b>same time</b> as your <b>iron</b> containing supplement. Separate your iron and calcium supplement by <b>at least 2 hours</b>.</p> <p>Choose a calcium supplement that also includes vitamin D for better absorption.</p> <p>Recommended <u>total</u> daily amount: Men/premenopausal women: 1,200 mg/day Postmenopausal women: 1,500 mg/day</p>
<b>Vitamin D<sub>3</sub></b>	<b>3,000 IU/day</b>	<ul style="list-style-type: none"> <li>- Nature Made Chewable D3</li> <li>- Natrol Vitamin D3 Fast Dissolve</li> </ul>	<p>Multivitamins and calcium citrate supplements also contain vitamin D. If the total amount of vitamin D in your other supplements does not equal 3,000 IU, consider adding an additional supplement.</p>

The recommendations above are based on the joint guidelines provided by the American Association of Clinical Endocrinologists, The Obesity Society and the American Society for Metabolic and Bariatric Surgery.