

Vitamin/Mineral Supplementation for Bariatric Surgery

Overview

- It is important after bariatric surgery and for the rest of your life! Failing to take vitamins and minerals may result in **serious deficiencies**.
 - Following surgery, be sure to ask your primary care physician to ***include vitamins/minerals in every blood work (Vitamin D, vitamin B₁₂, iron, etc)***.
- Read the Supplement Facts and ingredients on the supplement bottle to make sure that the supplement meets the recommendations or has undesirable additives (e.g. sugar alcohols or caffeine).
- Look for the USP symbol on the bottle. The United States Pharmacopia (USP) verifies the ingredients and label information are accurate and consistent.



Multivitamin and Mineral (MVI)

- You will need to have a chewable or liquid multi-vitamin for the first month after surgery. You may progress to a capsule as tolerated.
- If taking a multivitamin that is specialized for Bariatric patients:
 - **Take the recommended serving size on label for your chewable tablet or capsule daily.**
 - Examples: Bariatric Advantage, Celebrate, Opurity
- If taking a generic or over-the-counter multi-vitamin:
 - **Take 2 servings of chewable tablets or capsules one time daily.**
 - **DO NOT TAKE GUMMY VITAMINS.** Gummies do not contain adequate amounts of nutrients and often contain additional sugar.
 - Select a multivitamin that contains at least 18 mg of iron, 12 mg thiamin, and 800 mcg of folic acid per serving.
 - ***Additional iron may be indicated for menstruating women, patients with a history of anemia, and patients undergone Roux En Y Gastric Bypass.***
 - Discuss with primary care physician and surgeon about additional iron supplementation.
 - Examples: Centrum Complete, CVS Spectravite Chewable or Liquid

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Calcium with Vitamin D₃

- Patients after bariatric surgery will need:
 - Calcium = 1200 – 1500 mg of calcium daily for patients who have undergone Sleeve gastrectomy and Roux En Y Gastric Bypass.
 - Higher dosage for post-menopausal women
 - Patients who have undergone *Biliopancreatic Diversion with Duodenal Switch (BPD/DS) Gastric Bypass* will need 1800 – 2400 mg daily.
 - Vitamin D₃ = 3,000 IU daily
- **Calcium**
 - Choose **chewable Calcium Citrate**. Avoid Calcium Carbonate or Oyster Shell.
 - Take **500 – 600 mg doses of calcium 2 – 3 times daily**. The body can only absorb this amount at one time. More dosages for Patients who have undergone Biliopancreatic Diversion with Duodenal Switch (BPD/DS) Gastric Bypass.
 - Calcium doses need to be **divided** (2 – 3 times daily) by at least 2 hours and also **taken at least 2 hours apart from your multi-vitamin with iron** because the body can't absorb calcium and iron at the same time (see schedule below)
 - Calcium **should contain vitamin D₃**.
 - Calcium supplements are best taken with meals (e.g. breakfast, lunch and dinner).
 - Examples: Celebrate Calcium Citrate, Opurity Calcium Citrate, Bariatric Advantage Calcium Citrate.
 - Be cautious with chews: they tend to have additional calories, grams of sugar, fat, and/ or sugar alcohol.
- **Vitamin D₃**
 - Should be met through both multi-vitamin and calcium supplement.
 - Discuss with your family physician if you need additional vitamin D₃.

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Vitamin B₁₂

- Take 350 – 500 mcg daily liquid, sublingual (under the tongue), or disintegrating tablet.
 - Monthly injections are also available with a prescription from your bariatric surgeon or primary care physician.
- Discuss any vitamin B₁₂ supplementation with your physician.
- Examples: TwinLab B12 Dots 500 mcg Sublingual tablets, Nature Made 500 mcg vitamin B12, Nascobal nasal spray (prescription only).

Bariatric Multivitamin/Mineral Supplements Online

Company	Telephone Number	Website
Bariatric Advantage	1-800-898-6888	www.bariatricadvantage.com
Celebrate Bariatric Supplements	1-877-424-1953	www.celebratevitamins.com
Opurity (UNJURY)	1-800-517-5111	www.opurity.com

Tips for Remembering to Take Your Supplements

- Set the alarm on your cell phone or clock. If you spend a lot of time at a computer, set pop-up reminders.
 - Download the **Baritastic App** to set reminders on phone
- Put all your pills in a bag or small container and keep it in your pocket, pocketbook, attaché case, or tote bag
- Place supplements in places you go to at certain times (e.g. put multivitamins by the toothpaste).
- Take supplements when you perform certain daily tasks, such as eating (best time).

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Sample Schedule for taking Vitamins and Minerals

Meal	Vitamin/ Mineral
Breakfast	500 - 600 mg Calcium Citrate
AM snack (at least 2 hours apart from breakfast and lunch)	multivitamin (If generic or over the counter, 2 can be taken at the same time)
Lunch	500 - 600 mg Calcium citrate
PM snack (at least 2 hours apart from breakfast and lunch)	Sublingual, liquid, or disintegrating tablet of B ₁₂
Dinner	500 - 600 mg Calcium citrate (if needed depending on requirements)

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Reference: Parrott J, Frank L, Rabena R, Craggs-Dino L, Isom KA, Greiman L. American Society for Metabolic and Bariatric Surgery Integrated Health Nutritional Guidelines for the Surgical Weight Loss Patient 2016 Update: Micronutrients. *Surgery for Obesity and Related Diseases*. 2017;13(5):727-741. doi:10.1016/j.soard.2016.12.018.