

# HEALTHFUL TIPS

## Weight Loss Surgery Supplements



Supplements are key to your health. For individual recommendations, ask your bariatric surgeon or nutritionist.

SUPPLEMENT	GASTRIC BYPASS	ADJUSTABLE GASTRIC BAND	GASTRIC SLEEVE
<b>COMPLETE MULTIVITAMIN AND MINERAL SUPPLEMENT (MVI).</b> Available in chewable, pill or liquid form.	2 per day	1 per day	2 per day
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
<b>BARIATRIC FORMULA (MVI).</b> Available in chewable, pill, crystals, and capsule form	As directed on label	As directed on label	As directed on label
<b>CALCIUM CITRATE.</b> Available in chews, soft chews, crystals, liquid and pill form ( <i>pills may be large</i> ).	1500–2000 mg	1500 mg	1500 mg
<b>VITAMIN D.</b> Available in pill, and liquid form.	1000–2000 IU (This includes the amount found in MVI and calcium supplements)	1000–2000 IU (This includes the amount found in MVI and calcium supplements)	1000–2000 IU (This includes the amount found in MVI and calcium supplements)
<b>SUBLINGUAL VITAMIN B-12.</b> Available in dissolvable tablet or liquid form—place under tongue.	Preventative: 500 mcg To restore lab values above 400 pg/ml: 1000 mcg	Amount of vitamin B-12 in MVI should be adequate	Preventative: 500 mcg To restore lab values above 400 pg/ml: 1000 mcg
<b>IRON.</b> Available in pill or chewable form. Take iron on an empty stomach if tolerated. Do not take within 30 minutes of MVI or calcium supplement.	Preventative: 18 mg if not contained in MVI To restore lab values: follow advice of doctor or dietitian	Preventative: 18 mg if not contained in MVI To restore lab values: follow advice of doctor or dietitian	Preventative: 18 mg if not contained in MVI To restore lab values: follow advice of doctor or dietitian