Vitamins & Medications after Bariatric Surgery

Short Term:

Omeprazole:
- 20 mg a day for 3 months for gastric bypass and possible vertical sleeve gastrectomy patients (may not need it)
- This medication decreases the production of stomach acid allowing better healing of your stomach pouch

Ursodiol: No Longer Prescribing

Long Term:

Vitamin B12: For gastric bypass patients only
- 500 micrograms a day. Take one per day.

Calcium Citrate with Vitamin D:
- 1500 - 2000 mg per day.
- Take in 500 - 600 mg calcium citrate with 400 IU vitamin D dosage, 3 - 4 times a day, depending on the brand.
- Many patients require Vitamin D, in addition to what they receive with their calcium. Dose will depend on blood test results.

Multiple Vitamins with minerals and iron added:
- Take one per day.

Iron Supplements:
- Separate Iron supplement is prescribed to pre-menopausal women and as needed for others.
- Take iron as prescribed by your surgeon.
- Do not take iron and calcium at the same time (separate by 2 hours).
- Vitamin C (250mg) is needed for absorption of some iron supplements.

Probiotics:
- Described in this section.
Why we take a Vitamin/Mineral Supplement Every Day

- Bariatric surgery dramatically alters your body's ability to absorb vitamins, minerals and nutrients from the smaller amounts of food you'll be eating.
- The resulting vitamin and mineral deficiencies can have serious medical implications.
- As a bariatric surgery patient, it is absolutely essential that you take a good quality multiple vitamin and mineral product daily, for the rest of your life.
- You will also need to take additional calcium, Vitamin B-12 and perhaps Iron supplements. These supplements are necessary to prevent vitamin and mineral deficiencies after bariatric surgery.

The following are deficiency symptoms of some of the most important vitamins and minerals. If you often forget to take your supplements, you will be at a higher risk of developing these conditions. Your doctor will request that you have vitamin and mineral levels checked periodically.

**Folate (Folic Acid, Folacin)**

- Poor growth
- Blood disorders
- Anemia
- Elevated blood levels of homocysteine (a blood chemical linked to the clogging of arteries).
- GI tract disturbances

**Vitamin B-12 (Cobalamin)**

- Degeneration of cerebral white matter, optic nerves, spinal cord and peripheral nerves. Symptoms include numbness, tingling, and burning of the feet as well as stiffness and generalized weakness of the legs.
- Anemia
- It may take 5 - 6 years for deficiency symptoms to appear after natural sources of the vitamin are restricted.

**Calcium**

- Bone deformities (osteoporosis, osteomalacia and rickets)
- Tetany – extremely low levels of calcium in the blood may increase the irritability of nerve fibers and nerve centers, resulting in muscle spasms such as leg cramps (tetany).
- Hypertension (high blood pressure).
- Muscle spasms
- Personality changes
- Nausea and vomiting
Iron

- Malfunction of a variety of body systems
- Fatigue, irritability
- As iron deficiency anemia becomes more severe, defects develop in the structure and function of the tongue, nails, mouth and stomach. Skin may appear pale, and the inside of the lower eyelids pink instead of red. Fingernails become thin and flat, and eventually spoon-shaped nails develop. The tongue may burn, and/or appear red, smooth and waxy.
- Extreme cases of untreated anemia can eventually result in heart failure.

Potassium

- Nausea, feeling anxious, drowsy or weak.
- Irregular heart beat

Magnesium

- Tremors
- Muscle spasms
- Personality changes
- Nausea and vomiting

Vitamins/Supplements Requirements

- The American Society for Metabolic and Bariatric Surgery (ASMBS) daily recommendations has specific recommendations for vitamins and need to be taken every day for the rest of your life to prevent deficiencies.
- Consistently taking the supplements daily is a critical part to your overall health.
- For the first few months you may not be able to swallow larger pills. Most patients find it easier to take a chewable or liquid for calcium citrate and multivitamins.
- Chewable and liquid supplements usually contain sugar for flavor, which can result in dumping (especially with liquids) and added calories. Read the label carefully.

<table>
<thead>
<tr>
<th>Vitamins/Minerals</th>
<th>Gastric Bypass</th>
<th>Sleeve Gastrectomy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multivitamin with iron</td>
<td>1 svg/day</td>
<td>1 svg/day</td>
</tr>
<tr>
<td>Calcium Citrate with Vitamin D3</td>
<td>500 - 600 mg svg, 3x/day (1500 - 2000 mg day)</td>
<td>500 - 600 mg svg, 3x/day (1500 - 2000 mg day)</td>
</tr>
<tr>
<td>Probiotic</td>
<td>1 svg daily</td>
<td>1 svg daily</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>1 svg/day (500 micrograms)</td>
<td>NA</td>
</tr>
</tbody>
</table>
**Multivitamin (MVI) with iron = 200% of daily value** Begin on day 1 after hospital discharge

Take 1 serving of multivitamins daily for a lifetime.

**TIPS**

- Take a complete multivitamin with at least **18 mg iron**, **400 mcg folic acid**, and containing **selenium and zinc** in each serving.
- Specialized bariatric brands tend to be high quality, better absorbed and better tasting.
- Specialized bariatric formulations are available but **not all contain iron** so read the label carefully.
- Serving size will depend on individual products.
- Chewable and liquid vitamins are best absorbed.
- For the first 2 months after surgery, take a chewable multivitamin (there is no liquid form that contains iron).
- Progress to whole tablet/capsule as tolerated; if you decide to switch to a pill form after 2 months, soft gels or capsules may be better absorbed than tablets.
- May improve gastrointestinal tolerance and absorption when taken close to food intake (**except with dairy**).
- May separate dosage.
- Every brand has several, **very similar** variations of a multivitamin with iron. Make sure to read the label!
- **Multivitamin containing iron needs to be separated by at least 2 hours from calcium supplements for maximum absorption.**

**AVOID**

- **Avoid** time-released supplements.
- **Avoid** enteric coating.
- **Avoid** children’s formulas that are incomplete.
- **Do not take MVI in gummy form.** Gummies don’t have all the vitamins & minerals required.
- **Do not take “all in one” multivitamins and calcium citrate supplements.**
- **Do not use patch vitamins.** There is no way to know to know the rate of absorption so we do not recommend this form of vitamins.
- **There are no multivitamins with iron in liquid form.** If you use a liquid multivitamin, you will need to take an additional iron supplement.
**Recommended Multivitamins with iron**

- The chart is a list of multivitamins with iron supplements that meet the (ASMBS) daily recommendations for bariatric patients.
- The chart includes the brand name, serving size on the label, calories (if any), iron mg, folic acid mcg, and dosage.
- The last column indicates the amount you need to take to meet your daily minimum requirement. All the brands listed contain selenium and zinc in each serving.

**Multivitamin *with* Iron Recommendations**

**Chewable or Soft Gel** (first 2 months post op)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Serving size</th>
<th>Iron (mg)</th>
<th>Folic acid (mcg)</th>
<th>Daily Minimum Required Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bariatric Advantage Advanced Multi EA Chewable Tablets</td>
<td>2 tablets (20 calories)</td>
<td>45</td>
<td>800</td>
<td>2 tablets daily (20 calories)</td>
</tr>
<tr>
<td>Celebrate Multi-Complete 36 Chewable with Iron</td>
<td>2 tablets (15 calories)</td>
<td>36</td>
<td>800</td>
<td>2 tablets daily (15 calories)</td>
</tr>
<tr>
<td>Celebrate Multi-Complete 18 Chewable with Iron</td>
<td>1 tablet (10 calories)</td>
<td>18</td>
<td>800</td>
<td>1 tablet daily (10 calories)</td>
</tr>
<tr>
<td>Opurity Bypass &amp; Sleeve Optimized - Chewable</td>
<td>1 tablet (10 calories)</td>
<td>18</td>
<td>800</td>
<td>1 tablet daily (10 calories)</td>
</tr>
</tbody>
</table>

**Multivitamin *without* Iron Recommendations** (separate iron supplement required)

**Chewable** (first 2 months post op)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Serving size</th>
<th>Folic acid (mcg)</th>
<th>Daily Minimum Required Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bariatric Advantage Multi Chewy Bites</td>
<td>2 chewies (35 calories)</td>
<td>800</td>
<td>2 chewies daily (35 calories)</td>
</tr>
<tr>
<td>Bariatric Advantage Essential Chewable Multi</td>
<td>2 tablets (10 calories)</td>
<td>800</td>
<td>2 tablets daily (10 calories)</td>
</tr>
<tr>
<td>BariMelts Multivitamins Fast melting tablets</td>
<td>2 tablets</td>
<td>800</td>
<td>2 tablets daily (10 calories)</td>
</tr>
<tr>
<td>Celebrate Multivitamin Chewable</td>
<td>2 tablets (10-15 calories)</td>
<td>800</td>
<td>2 tablets daily (10-15 calories)</td>
</tr>
</tbody>
</table>
NOTE:

- If you choose a multivitamin that does not contain iron, you will need to take a separate iron supplement to meet your bariatric needs.
- Iron supplements: described later in this section.
- Some multivitamins are not included in this chart due to sugar content (grams) &/or high calories or lacking nutrients. Make sure to read the labels before purchasing.

**Multivitamin with Iron Recommendations -**

**Tablet or Capsule** (for before surgery and 2 - 3+ months post op)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Serving size</th>
<th>Iron (mg)</th>
<th>Folic acid (mcg)</th>
<th>Daily Minimum Required Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bariatric Advantage Ultra Multi with Iron</td>
<td>3 capsules</td>
<td>45</td>
<td>800</td>
<td>3 capsules daily</td>
</tr>
<tr>
<td>Opurity Complete Bariatric Optimized Multivitamin Multimineral Supplement</td>
<td>2 capsules</td>
<td>18</td>
<td>800</td>
<td>2 capsules daily</td>
</tr>
<tr>
<td>Opurity Every-Day Multi</td>
<td>1 tablet</td>
<td>18</td>
<td>400</td>
<td>1 tablet daily</td>
</tr>
<tr>
<td>Pro Care Health</td>
<td>1 capsule</td>
<td>18</td>
<td>800</td>
<td>1 capsule daily</td>
</tr>
<tr>
<td>TwinLabs Daily One with Iron</td>
<td>1 capsule</td>
<td>10</td>
<td>400</td>
<td>2 capsules daily</td>
</tr>
</tbody>
</table>
Calcium

Calcium is a mineral that is vital for life. It aids in building bones, clotting our blood, makes our nerves send messages and muscles contract. Approximately 99% of the calcium in our bodies is in our bones and teeth. We lose calcium every day through our hair, nails, skin, sweat, urine and feces. Our bodies cannot produce new calcium. That’s why it’s important to try to get the calcium we need. If we don’t get enough calcium for our body’s needs, it is taken from our bones.

Finding the right calcium supplement can be confusing. Often people misread a supplement label and don’t get the amount or type they need.

- Every bottle is different since every calcium manufacturer has its own serving size and amount of calcium and Vitamin D3 it provides.
- Most calcium supplements have a serving size of two, so most people think they are taking 1000 - 1200 mg a day when in fact, they are only taking 500 or 600 mg for that serving.
- On top of that, serving sizes can range from three to six tablets. Pay close attention to the label so you don’t take too little or too much.

Calcium Citrate = 1500 - 2000 mg/day - begin on day 1 after hospital discharge.

- Choose a brand with calcium citrate & Vitamin D3.
- Begin with chewable or liquid. Chewable and liquid vitamins are best absorbed.
- Chewy or wafer calcium citrate supplements are permitted.
- Progress to whole tablet/capsule as tolerated; usually after 2 months.
- Split into 500 - 600 mg doses for optimum absorption; if you take more than 600 mg, the remaining will be excreted in the urine.
- Be mindful of serving size on supplement label.
- Space doses evenly throughout day.
- Choose a brand that contains magnesium is recommended.
- Wait at least 2 hours taking multivitamin or iron supplement.
- Do not combine calcium with iron containing supplements to maximize absorption & minimize gastrointestinal intolerance.
- Calcium citrate is not as dense as calcium carbonate and is often more easily absorbed. That’s why calcium citrate is usually two pills in one dose while calcium carbonate is usually one pill in a 600 mg dose. So look at the label to see what you’re getting.
- **Do not take calcium in gummy form.** Gummies are not calcium citrate and are not the best absorbed.
- **Do not take products that contain calcium carbonate;** i.e. Caltrate®, Viactiv®, Tums®, OsCal®, calcium triphosphate, oyster shell, bone meal, etc.
CAUTION: most of the liquid or chewable are flavored and have calories. These calories can add up fast when you have to take them 3 - 4 times a day.

For example:

- Bariatric Advantage 250 mg Calcium Chewy Bites: each chew is 250 mg calcium citrate, 20 calories per chewy and 4 grams of sugar alcohol.
- You would need to take a total of 6 chews, consuming an extra 120 calories and 24 grams of sugar alcohol to meet your requirement of 1500+ mg a day.

Possible side effects of taking calcium:

- Gas or constipation may occur. If increasing fluids does not solve the problem, try another brand of calcium. It may require trial and error to find the right supplement for you, but luckily there are many choices.
- If you are having challenges with a new calcium supplement, start with a smaller amount to better tolerate it. When switching supplements, try starting with 200 - 300 mg every day for a week, and drink an extra 6 - 8 ounces of water with it. Then gradually add more calcium each week.

Read the label carefully. The label will tell you:

- Serving size (i.e. 4 tablets, 2 caplets, 1 chew, 1 Tbsp., 4 wafers, etc.)
- Amount of calcium (mg) per serving (i.e. 240 mg, 500 mg, 1000 mg)
- Calories per serving (usually in liquid or chewable forms)
- Type of calcium (i.e. carbonate, citrate, gluconate, etc.)
- Only choose calcium citrate

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 2 Tablespoons (30 mL)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3 g</td>
</tr>
<tr>
<td>Sugars (fructose)</td>
<td>3 g</td>
</tr>
<tr>
<td>Vitamin D3 (cholecalciferol)</td>
<td>800 IU</td>
</tr>
<tr>
<td>Calcium (citrate)</td>
<td>1200 mg †</td>
</tr>
<tr>
<td>Magnesium (citrate, aspartate)</td>
<td>600 mg †</td>
</tr>
</tbody>
</table>

* Daily Value not established
Calcium Citrate with Vitamin D3 Recommendations

- The chart is a list of recommended calcium citrate supplements.
- The last column indicates the serving size and doses throughout the day you need to take to meet the minimum daily requirement recommended by the American Society for Metabolic and Bariatric Surgery recommendations (ASMBS).

**1500 - 2000 mg/day: 500 - 600 mg doses, 3 - 4 times a day.**

### Chewable or Liquid (first 2 months post op)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Serving Size</th>
<th>Calcium Citrate</th>
<th>Vitamin D3</th>
<th>Daily Minimum Required Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bariatric Advantage 500 mg Calcium Citrate Chewy Bites</td>
<td>1 chew (15 cals/svg)</td>
<td>500 mg</td>
<td>500 IU</td>
<td>1 chew, 3x/day (45 calories)</td>
</tr>
<tr>
<td>Bariatric Advantage Chewable Calcium Citrate - 500 mg</td>
<td>1 chewable tablet (10 cals/svg)</td>
<td>500 mg</td>
<td>300 IU</td>
<td>1 tablet, 3x/day (30 calories)</td>
</tr>
<tr>
<td>Bluebonnet Liquid Calcium Citrate Magnesium and Vitamin D3</td>
<td>1 Tbsp. (5 cals/svg)</td>
<td>600 mg</td>
<td>400 IU</td>
<td>1 Tbsp., 3x/day (15 calories)</td>
</tr>
<tr>
<td>Celebrate Calcium Citrate - Chewable</td>
<td>1 tablet (5 cals/svg)</td>
<td>500 mg</td>
<td>333 IU</td>
<td>1 tablet, 3x/day (15 calories)</td>
</tr>
<tr>
<td>Celebrate Calcium Citrate Soft Chews</td>
<td>1 piece (15 cals/svg)</td>
<td>500 mg</td>
<td>500 IU</td>
<td>1 piece, 3x/day (45 calories)</td>
</tr>
<tr>
<td>Opurity Calcium Citrate Plus Chewable</td>
<td>4 tablets (20 cals/svg)</td>
<td>1200 mg</td>
<td>800 IU</td>
<td>2 tablets, 3x/day (60 calories)</td>
</tr>
<tr>
<td>Wellesse Liquid Calcium 1000 mg &amp; Vitamin D3</td>
<td>2 Tbsp. (15 cals/svg)</td>
<td>1000 mg</td>
<td>1000 IU</td>
<td>1 Tbsp., 3x/day (22 calories)</td>
</tr>
</tbody>
</table>

### Caplet or Tablet form (for before surgery and 2 - 3+ months post op)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Serving Size</th>
<th>Calcium Citrate</th>
<th>Vitamin D3</th>
<th>Daily Minimum Required Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celebrate Calcium Citrate - Tablets</td>
<td>6 tablets</td>
<td>1200 mg</td>
<td>1200 IU</td>
<td>3 tablets, 3x/day</td>
</tr>
<tr>
<td>Citracal Petites with Vitamin D3</td>
<td>2 tablets</td>
<td>400 mg</td>
<td>500 IU</td>
<td>3 tablets, 3x/day</td>
</tr>
<tr>
<td>Nova Nutritions Calcium Citrate with D3</td>
<td>2 tablets</td>
<td>700 mg</td>
<td>400 IU</td>
<td>2 tablets, 3x/day</td>
</tr>
<tr>
<td>Puritan's Pride Calcium Citrate + Vitamin D3 Miniatures</td>
<td>2 tablets</td>
<td>400 mg</td>
<td>500 IU</td>
<td>3 tablets, 3x/day</td>
</tr>
</tbody>
</table>
**Vitamin B12** = 500 mcg/day (bypass only) - Begin on day 1 after hospital discharge

- Available forms include sublingual tablets, liquid drops, mouth spray, or nasal gel/spray.
- Required for bypass (RNY) patients only.
- Some bariatric brand multivitamins contain 500 - 1000 mcg of Vitamin B12. Read the labels.

Iron: Take iron supplement if you choose a multivitamin without iron if additional iron is prescribed by your doctor.

- 18–27 mg/d elemental. No enteric coating.
- Begin with chewable or liquid; progress to tablet as tolerated.
- **Do not mix iron & calcium supplements, take at least 2 hours apart.**
- Avoid excessive intake of tea due to tannin interaction.
- Vitamin C is often prescribed with iron as it may enhance absorption.
- Iron is absorbed the best on an empty stomach but can cause stomach cramps, nausea, and diarrhea in some people. You may need to take iron with a small amount of food to avoid this problem.
- When taking iron, avoid high fiber foods (i.e. whole grains, raw vegetables, & bran) or foods or drinks with caffeine.
- **Milk, calcium and antacids should NOT be taken at the same time as iron supplements. You should wait at least 2 hours after having these foods before taking your iron supplements.**

### Iron Recommendations

<table>
<thead>
<tr>
<th>Brand</th>
<th>Serving Size</th>
<th>Iron (mg)</th>
<th>Vit C (mg)</th>
<th>Daily Minimum Required Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bariatric Advantage - 45 mg Capsule (non-chewable)</td>
<td>1 capsule</td>
<td>22.5</td>
<td>200</td>
<td>2 capsules/day</td>
</tr>
<tr>
<td>Bariatric Advantage - 18 Chewable Iron</td>
<td>1 tablet</td>
<td>18</td>
<td>30</td>
<td>1 tablet/day</td>
</tr>
<tr>
<td>Bariatric Advantage – 60 Chewable Iron</td>
<td>1 tablet</td>
<td>60</td>
<td>250</td>
<td>1 tablet/day</td>
</tr>
<tr>
<td>Bariatric Advantage Iron Chewy Bites</td>
<td>1 chewy bite</td>
<td>30</td>
<td>60</td>
<td>1 chewy/day</td>
</tr>
<tr>
<td>Celebrate Iron + C - 18 mg Chewable</td>
<td>1 tablet (5 calories)</td>
<td>18</td>
<td>36</td>
<td>1 tablet/day</td>
</tr>
<tr>
<td>Celebrate Iron + C - 60 mg Chewable</td>
<td>1 tablet (10 calories)</td>
<td>60</td>
<td>60</td>
<td>1 tablet/day</td>
</tr>
<tr>
<td>Celebrate Iron + C - 30 mg Tablet (non-chewable)</td>
<td>1 tablet</td>
<td>30</td>
<td>60</td>
<td>1 tablet/day</td>
</tr>
</tbody>
</table>
Probiotics

- Probiotics are live microorganisms that provide health benefits.
- The human body harbors about 100 trillion bacteria, both good and bad. 80-90% of these bacteria live in the digestive tract, mostly in the colon.
- Maintaining the correct balance of good and bad is necessary for optimal health. Things like medications, diet, disease and your environment can upset the balance.
- An upset balance can result in symptoms.

- Probiotics supplements are considered safe and effective for preventing and treating irregularity of the gastrointestinal tract, such as diarrhea, constipation, irritable bowel and heart burn.
- Some studies have shown that probiotics can prevent H.pylori, vaginal candidiasis and upper respiratory infections.

- Probiotics found in dairy products are typically small in quantity compared to that of a supplement.
- We recommend that you take a probiotic supplement daily on a long term basis.
- Since there are a lot of supplements out there to choose from, we are providing you with a list of some of the more comprehensive and better quality products, including where to buy them, how much they cost and what bacteria they contain.

- Bowel habits are sure to change after surgery and constipation is a fairly common problem. Taking a probiotic supplement daily and drinking adequate fluids will help to prevent this. Diarrhea is not an expected complication after bariatric surgery.
- If you are experiencing diarrhea or other concerning digestive symptoms, to include constipation that is not relieved by a daily probiotic, please call the bariatric clinic (425-502-3454).
## Recommended Probiotics

<table>
<thead>
<tr>
<th>Brand</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Align Probiotic</td>
<td>Lactose, soy &amp; gluten-free.</td>
</tr>
<tr>
<td>Bariatric Advantage Flora Advantage Probiotic <em>(Chewable)</em></td>
<td>Vegetarian and gluten-free</td>
</tr>
<tr>
<td>BlueBiotics Daily Probiotic</td>
<td>No soy, gluten, or dairy, 100% vegetarian.</td>
</tr>
<tr>
<td>Celebrate BALANCE Probiotic</td>
<td>Vegetarian</td>
</tr>
<tr>
<td>Culturelle Digestive Health</td>
<td>No gluten, milk, soy, wheat or preservatives.</td>
</tr>
<tr>
<td>Florastor Daily Probiotic Supplement</td>
<td>Vegetarian, gluten free, &amp; non-GMO.</td>
</tr>
<tr>
<td>Nutrition Now PB8</td>
<td>No gluten, eggs, peanuts, tree nuts, soy or salt.</td>
</tr>
<tr>
<td>Renew Life Ultimate Flora Extra Care Probiotic 150 Billion</td>
<td>Vegetable capsule, gluten free. Contains traces of dairy; may contain traces of soy.</td>
</tr>
<tr>
<td>Trubiotics One a Day Probiotic</td>
<td>Gluten &amp; soy free.</td>
</tr>
</tbody>
</table>

## Example Schedule for taking Vitamins & Supplements

<table>
<thead>
<tr>
<th>Meal</th>
<th>Vitamin &amp; Supplements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Calcium citrate with Vitamin D3, 500 - 600 mg</td>
</tr>
<tr>
<td>Snack</td>
<td>Multivitamin with iron&lt;br&gt;Iron (if additional iron prescribed by doctor)&lt;br&gt;Probiotic&lt;br&gt;Vitamin B 12, 500 mcg (Bypass only)</td>
</tr>
<tr>
<td>Lunch</td>
<td>Calcium citrate with Vitamin D3, 500 - 600 mg</td>
</tr>
<tr>
<td>Snack</td>
<td>Multivitamin with iron (if additional prescribed by doctor)</td>
</tr>
<tr>
<td>Dinner</td>
<td>Calcium citrate with Vitamin D3, 500 - 600 mg</td>
</tr>
</tbody>
</table>
Where to buy vitamins and supplements:

Kaiser Permanente: carries the multivitamin (chewable and pill), calcium citrate with Vitamin D3 (pill form) and Vitamin B12 (pill form).

Stores:

- Bartell Drugs
- Costco
- GNC
- Sam’s Club
- Super Supplements
- Trader Joes
- Walgreens
- Walmart
- Vitamin Shoppe

Online:

- Amazon.com
- BariatricAdvantage.com*
- CelebrateVitamins.com
- DrugStore.com
- iherb.com
- Puritan.com
- Unjury.com
- Walmart.com

Read the label to ensure the correct formula and for low sugar content.

* SPECIAL NOTE:

- Bariatric Advantage has a special offer for Kaiser Permeate patients.
- Receive Kaiser member pricing of roughly 20% discount & free shipping with validation code: KAISER.
- Enter validation code on the left side of the page.
- Visit: BariatricAdvantage.com or call 1.800.898.6888