Bariatric Vitamins
Recommended Brands & Daily Requirements

You need to take these vitamins DAILY and for the REST OF YOUR LIFE.

<table>
<thead>
<tr>
<th>Gastric Bypass (RNY) &amp; Sleeve Gastrectomy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vitamins &amp; Supplements</strong></td>
</tr>
<tr>
<td>Bariatric formulated multivitamin-mineral with 18 - 60 mg iron and 500 mcg Vitamin B12</td>
</tr>
<tr>
<td>Vitamin B complex (with 50 mg thiamin)</td>
</tr>
</tbody>
</table>
| Calcium Citrate with Vitamin D3 (total 1200 - 1500 mg daily) | 2 servings of 600 mg per serving
3 servings of 400 or 500 mg per serving |
| Probiotic                                | 1 serving |

*Serving sizes vary with different brands, READ THE LABEL

Source of recommendations: American Society of Metabolic & Bariatric Surgery

Choose a vitamin/supplement from each chart of the recommended brands on the following pages.
Bariatric formulated Multivitamin with iron & Vitamin B12: *1 serving daily*

<table>
<thead>
<tr>
<th>Brand</th>
<th>Name</th>
<th>Serving size</th>
<th>Vitamin B12 (mcg)</th>
<th>Iron (mg)</th>
<th>Vitamin D3 (IU)</th>
<th>Average cost/month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bariatric Advantage</td>
<td>Advanced EA Multivitamin</td>
<td>2 chewable tablets</td>
<td>1000</td>
<td>45</td>
<td>3000</td>
<td>30*</td>
</tr>
<tr>
<td>Bariatric Advantage</td>
<td>Ultra-Multivitamin with Iron</td>
<td>3 capsules</td>
<td>1000</td>
<td>45</td>
<td>3000</td>
<td>17*</td>
</tr>
<tr>
<td>Celebrate</td>
<td>Multi-Complete 36</td>
<td>2 chewable or 3 capsules</td>
<td>1000</td>
<td>36</td>
<td>3000</td>
<td>20</td>
</tr>
<tr>
<td>Celebrate</td>
<td>Multi-Complete 45</td>
<td>2 chewable or 3 capsules</td>
<td>1000</td>
<td>45</td>
<td>3000</td>
<td>23</td>
</tr>
<tr>
<td>Celebrate</td>
<td>Multi-Complete 60</td>
<td>2 chewable or 3 capsules</td>
<td>500</td>
<td>60</td>
<td>3000</td>
<td>24</td>
</tr>
<tr>
<td>Opurity</td>
<td>Bypass &amp; Sleeve Optimized – Chewable</td>
<td>1 chewable tablet</td>
<td>500</td>
<td>18</td>
<td>3000</td>
<td>10</td>
</tr>
<tr>
<td>Opurity</td>
<td>Complete Optimized Multivitamin-multimineral</td>
<td>2 capsules</td>
<td>500</td>
<td>18</td>
<td>3000</td>
<td>10</td>
</tr>
<tr>
<td>ProCare Health</td>
<td>Bariatric Multi-Vitamin with 45 mg Iron</td>
<td>1 chewable tablet</td>
<td>1000</td>
<td>45</td>
<td>3000</td>
<td>15</td>
</tr>
<tr>
<td>ProCare Health</td>
<td>Bariatric Multi-Vitamin with 45 mg Iron</td>
<td>1 capsule</td>
<td>1000</td>
<td>45</td>
<td>3000</td>
<td>15</td>
</tr>
<tr>
<td>ProCare Health</td>
<td>Bariatric Multi-Vitamin with 18 mg Iron</td>
<td>1 capsule</td>
<td>1000</td>
<td>18</td>
<td>3000</td>
<td>20</td>
</tr>
</tbody>
</table>

*with the Bariatric Advantage discount (promo code “Kaiser”)

- All recommended brands contain the required Vitamin B12 (500 - 1000 mcg) and iron (18 - 60 mg).

Choosing a multivitamin with iron:
- 18 mg a day (minimum)
- 45 - 60 mg a day for females with menses & patients with history of anemia

Separate the multivitamin with iron from calcium citrate by 2+ hours for maximum absorption.

NO GUMMIE VITAMINS OF ANY KIND AFTER SURGERY!
Why you need a bariatric formulated multivitamin:

- Standard over the counter (OTC) vitamin brands are formulated to meet the nutritional needs of the general population.
- As a bariatric patient, your body requires a much higher level of 13 micronutrients that OTC brands will not meet; even if you take extra servings.

For example:

<table>
<thead>
<tr>
<th>Micronutrient</th>
<th>Micronutrient Levels in standard OTC Brands</th>
<th>Minimum Micronutrient Levels Needed after Bariatric Surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>1500 IU</td>
<td>5,000 - 10,000 IU</td>
</tr>
<tr>
<td>Iron</td>
<td>8 mg</td>
<td>18 - 60 mg</td>
</tr>
</tbody>
</table>

- Bariatric vitamins and supplements allow your body to function at its full potential and help you avoid malnutrition and vitamin deficiency.
- Not all bariatric brands meet all micronutrient requirements. Choose from the brands recommended on chart on the next page.
- Calcium citrate, Vitamin B complex and probiotics do not need to be a bariatric brand; though they are often better tasting and are higher quality products.

Vitamin B Complex (with 50 mg thiamin): 1 serving daily**

<table>
<thead>
<tr>
<th>Brand</th>
<th>Name</th>
<th>Serving size</th>
<th>Thiamin (mg)</th>
<th>Average cost/month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bariatric Advantage</td>
<td>Vitamin B-50 Complex</td>
<td>2 capsules</td>
<td>50</td>
<td>7*</td>
</tr>
<tr>
<td>Celebrate</td>
<td>Vitamin B-50 Complex</td>
<td>1 capsule</td>
<td>50</td>
<td>4</td>
</tr>
<tr>
<td>Kirkland</td>
<td>Super B-Complex with Electrolytes</td>
<td>1 tablet</td>
<td>100</td>
<td>2</td>
</tr>
<tr>
<td>Now</td>
<td>Vitamin B-100</td>
<td>1 capsule</td>
<td>100</td>
<td>4</td>
</tr>
<tr>
<td>Source Naturals</td>
<td>Vitamin B-50 Complex</td>
<td>1 tablet</td>
<td>50</td>
<td>4</td>
</tr>
<tr>
<td>Twin Lab</td>
<td>Stress B-Complex Capsules with Vitamin C</td>
<td>2 capsules</td>
<td>50</td>
<td>5</td>
</tr>
</tbody>
</table>

*with the Bariatric Advantage discount (promo code “Kaiser”)

**Note: your lab values will be high when taking this amount of B vitamins.
We expect this high lab value; taking the B complex helps prevent a deficiency.
**Calcium Citrate with Vitamin D3:** 2 - 3 servings daily; for a total of 1200 - 1500 mg daily

<table>
<thead>
<tr>
<th>Brand</th>
<th>Name</th>
<th>Serving size</th>
<th>Spacing</th>
<th>Calcium citrate (mg)</th>
<th>Vitamin D (IU)</th>
<th>Average cost/month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bariatric Advantage</td>
<td>Calcium Citrate Chewy Bites</td>
<td>1 chewy bite</td>
<td>1 chewy bite, 3x/day</td>
<td>500</td>
<td>500</td>
<td>26*</td>
</tr>
<tr>
<td>Blue Bonnet</td>
<td>Liquid Calcium Magnesium Citrate + Vitamin D3</td>
<td>1 Tbsp.</td>
<td>1 Tbsp., 2x/day</td>
<td>600</td>
<td>400</td>
<td>25</td>
</tr>
<tr>
<td>Celebrate</td>
<td>Calcium Plus 500</td>
<td>1 chewable tablet</td>
<td>1 tablet, 3x/day</td>
<td>500</td>
<td>333</td>
<td>22</td>
</tr>
<tr>
<td>Citracal</td>
<td>Maximum Plus Calcium Citrate + D3</td>
<td>2 caplets</td>
<td>2 caplets, 2x/day</td>
<td>630</td>
<td>500</td>
<td>18</td>
</tr>
<tr>
<td>Kirkland</td>
<td>Calcium citrate with Vit D</td>
<td>2 tablets</td>
<td>2 tablets, 3x/day</td>
<td>500</td>
<td>800</td>
<td>9</td>
</tr>
<tr>
<td>Nova Nutrition</td>
<td>Calcium Citrate w with D3</td>
<td>2 tablets</td>
<td>2 tablets, 2x/day</td>
<td>700</td>
<td>400</td>
<td>7</td>
</tr>
<tr>
<td>Opurity</td>
<td>Calcium-Citrate Plus-Chewable</td>
<td>4 tablets</td>
<td>2 tablets, 2x/day</td>
<td>1200</td>
<td>800</td>
<td>14</td>
</tr>
<tr>
<td>Pro Care Health</td>
<td>UpCal D Powdered Calcium Citrate</td>
<td>1 scoop or packet</td>
<td>1 scoop or packet, 3x/day</td>
<td>500</td>
<td>500</td>
<td>18</td>
</tr>
</tbody>
</table>

*with the Bariatric Advantage discount (promo code “Kaiser”)

Remember: separate the multivitamin with iron from calcium citrate by 2+ hours for maximum absorptions.

**Probiotics: 1 serving daily**

<table>
<thead>
<tr>
<th>Brand</th>
<th>Name</th>
<th>Serving Size</th>
<th>Average cost/month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bariatric Advantage</td>
<td>Chewable Floravantage Probiotic</td>
<td>2 chewable tablets</td>
<td>29*</td>
</tr>
<tr>
<td>Celebrate</td>
<td>Balance Probiotic</td>
<td>1 capsule</td>
<td>28</td>
</tr>
<tr>
<td>Garden of Life</td>
<td>Primal Defense ULTRA Ultimate Probiotic Formula</td>
<td>1 capsule</td>
<td>10</td>
</tr>
<tr>
<td>Klaire Labs</td>
<td>Ther-Biotic complete</td>
<td>1 capsule</td>
<td>21</td>
</tr>
<tr>
<td>Mega Foods</td>
<td>Mega Flora</td>
<td>1 capsule</td>
<td>15</td>
</tr>
<tr>
<td>Nature Made</td>
<td>Digestive Probiotics Advanced</td>
<td>2 capsules</td>
<td>21</td>
</tr>
<tr>
<td>Nutrition Now PB8</td>
<td>Immune support probiotic</td>
<td>1 capsule</td>
<td>9</td>
</tr>
<tr>
<td>Renew Life</td>
<td>Ultimate Flora Extra Care Probiotic</td>
<td>1 capsule</td>
<td>21</td>
</tr>
</tbody>
</table>

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### Examples of Vitamin Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Example 1 First 2 months post op</th>
<th>Example 2 2 - 3+ months post op</th>
<th>Example 3 If extra iron is needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am (breakfast)</td>
<td>Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)</td>
<td>Bariatric Multivitamin (1 capsule) B-complex (1 capsule) Probiotic (1 capsule)</td>
<td>Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Bariatric Multivitamin (2 chewable tablets)</td>
<td></td>
<td>Bariatric Multivitamin (1 capsule) B-complex (1 capsule) Probiotic (1 capsule)</td>
</tr>
<tr>
<td>12:00 pm (lunch)</td>
<td>Calcium citrate w/Vit D3 (1 chewy bite - 500 mg) B-complex (1 capsule) Probiotic (2 chewable tablets)</td>
<td>Calcium citrate w/Vit D3 (2 caplets - 630 mg)</td>
<td>Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)</td>
</tr>
<tr>
<td>3:00 pm</td>
<td></td>
<td></td>
<td>Iron with Vitamin C (1 capsule)</td>
</tr>
<tr>
<td>6:00 pm (dinner)</td>
<td>Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)</td>
<td>Calcium citrate w/Vit D3 (2 caplets - 630 mg)</td>
<td>Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)</td>
</tr>
</tbody>
</table>

As a rule, taking vitamins with food will increase absorbability & decrease stomach upset and nausea.
Where to Purchase Recommended Vitamins

<table>
<thead>
<tr>
<th>Multivitamin-Multimineral with Iron</th>
<th>Calcium citrate with Vitamin D3</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="https://www.celebratevitamins.com">https://www.celebratevitamins.com</a></td>
<td><a href="https://www.celebratevitamins.com">https://www.celebratevitamins.com</a></td>
</tr>
<tr>
<td>Amazon</td>
<td>Amazon</td>
</tr>
<tr>
<td>Bellevue Kaiser pharmacy (Bariatric Advantage &amp; Celebrate)</td>
<td>Bellevue Kaiser pharmacy (Bariatric Advantage &amp; Celebrate)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamin B Complex</th>
<th>Probiotics</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="https://www.celebratevitamins.com">https://www.celebratevitamins.com</a></td>
<td><a href="https://www.celebratevitamins.com">https://www.celebratevitamins.com</a></td>
</tr>
<tr>
<td>The Vitamin Shoppe</td>
<td>The Vitamin Shoppe</td>
</tr>
<tr>
<td>Walgreens</td>
<td>Walmart</td>
</tr>
<tr>
<td>Rite Aid</td>
<td>Amazon</td>
</tr>
<tr>
<td>Amazon</td>
<td>Amazon</td>
</tr>
</tbody>
</table>

NOTE: Bariatric Advantage has a special offer for Kaiser 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 before you start to shop to ensure you receive the special offer.
- Visit: BariatricAdvantage.com or call 1.800.898.6888

Bariatric Multivitamin Brands NOT recommended: these brands do not meet your nutritional requirements
- Bariatric Choice® All-In-One Multi-Vitamin
- Bariatric Food Expert Multi-Vitamin Gummies
- Bariatric Fusion
- BariMelts
- My Bariatric Vitamins
- Wellesse Liquid Multivitamin
- WonderSlim Multi-Vitamin
- Tespo

Calcium Brands NOT recommended: they are calcium carbonate
- Caltrate®
- Viactiv®
- Tums®
- OsCal®
- calcium triphosphate
- oyster shell
- bone meal