

Vitamins and Mineral Supplements After Weight-Loss Surgery Roux-en-Y Gastric Bypass or Vertical Sleeve Gastrectomy Surgery

Supplement recommendations to live a healthy life – long after surgery

Choose a bariatric vitamin. This will cover all your vitamin and mineral needs, except calcium. Taking the supplement below replaces the multivitamin, B1, B12, and vitamin D recommendations that follow.

You will still need to take calcium citrate, which is shown at the bottom of the page.

- **OPURITY by Unjury.** Go to unjury.com/vitamins.html
 - OPURITY Bariatric Multi with Iron, chewable or capsule (1 chewable or 2 capsules per day)
- **Bariatric Advantage.** Go to bariatricadvantage.com and use validation code **KAISER** for a discount on these select items:
 - Bariatric Advantage Ultra Multi EA chewable (2 per day)
 - Bariatric Advantage Ultra Multi Formula with Iron (3 capsules per day)
- **Pro Care Health.** Go to procarenow.com
 - Pro Care Health Bariatric Multivitamin, chewable or capsule (1 per day)
Note: You can choose either the 18 mg or 45 mg of iron formula
- **Bariatric Pal Multivitamin ONE.** Go to store.bariatricpal.com
 - Choose the 45 mg iron formula
- **If you choose to take a different bariatric vitamin, please talk to your dietitian to ensure it contains the right amounts of vitamins and minerals for you.**

If you choose not to take a bariatric vitamin, you will need the following supplements:

MULTIVITAMIN

Choose Equate Complete Multivitamin Adult (Walmart, take 2 per day), or Flintstones Complete (Available at most stores, take 2 per day). Make sure your multivitamin has:

- at least 5,000 IU vitamin A
- 400 mg folate (800 mg for women of childbearing age)
- 8-11 mg zinc
- 1-2 mg copper and at least 18 mg iron
- Do not take gummy multivitamins – **they do not contain iron!**

VITAMIN B-1

Take 100 mg **once per week.**

VITAMIN B12

Take 350-500 mcg **once per day.**

VITAMIN D

Take 3000 IU per day. You will need to take a vitamin D pill if you are not getting 3000 IU from your multivitamin and calcium pills.

CALCIUM CITRATE

- Citrical Petites (Rite Aid, Safeway, Sam's, Costco, Amazon. Take 6 per day)
- Citrical maximum (Rite Aid, Safeway, Sam's, Costco, Amazon. Take 2 per day)
- Bariatric Advantage Calcium Chews (bariatricadvantage.com, take 2 per day) and use validation code KAISER for discount

IMPORTANT RECOMMENDATIONS FOR TAKING CALCIUM CITRATE:

- Women. Take 500-600 mg twice per day (at least 2 hours apart from each other).
- Men. Take 500-600 mg once per day.

It is very important to choose calcium citrate, as you can't absorb other forms of calcium as well after gastric bypass.