

# Vitamin & Mineral Supplements After Gastric Bypass

Supplement	Frequency	Dosage	Recommendations
Multivitamin with Iron*	2 times per day	Take 2 servings per day, as listed on the Supplement Facts Panel.  *Look for multivitamins that contain at least 18mg of Iron per serving.  <i>If you have difficulty swallowing pills, use a chewable, liquid, or crushed version.</i>	May take with food. Take at bedtime if iron causes stomach upset.  Examples: Flintstones Complete, One-A-Day Women's, Centrum Adult, Centrum Liquid, CVS brand children's chewable, etc.  <b>Avoid-</b> 'gummy' types
Calcium Citrate	3 times per day  <b>After surgery, do not restart until the 2 week post-op visit!</b>	A total of 1,500mg is needed every day.  Take 500-600mg (usually 2-3 tablets) of Calcium Citrate <b>three times</b> daily, for a total of 6-9 tablets for the entire day.  Most Calcium Citrate supplements also contain Vitamin D - this is okay.  <i>If you have difficulty swallowing pills, use a chewable, liquid, or crushed version.</i>	Calcium blocks the absorption of iron, so do not take with the multivitamin.  The body cannot absorb greater than 500-600mg of Calcium at a time, so avoid taking them all at once. For best absorption, separate the Calcium doses by 4 hours.  <b>Avoid-</b> Tums, Oscal, Caltrate, Viactiv, 'gummy' types and any calcium carbonate product
Vitamin B12	Once per day	Take one 500 mcg <b>sublingual</b> Vitamin B12 lozenge daily  <b>OR</b>  1 monthly injection of 1,000mcg from your PCP's office.	Lozenge to remain under your tongue until fully dissolved. <b>Do not swallow whole.</b>  Commonly labeled as lozenges, dots, melts, dissolvables. <b>Avoid-</b> swallow tablets.
Vitamin D	Once per day	Take one 2,000 international unit tablet daily	Beneficial to take at the same time as Calcium Citrate  Commonly found as Vitamin D3

\*It is recommended that those at-risk for iron deficiency, such as menstruating women, take a total of 45-60 milligrams of iron daily. A separate iron supplement may be needed. Consult your physician or bariatric team before taking additional iron.

### Daily Schedule

<b>Gastric Bypass</b>	
<b>Breakfast</b>	1 Multivitamin 1 Sublingual Vitamin B12 (500mcg)
<b>AM Snack</b>	Calcium Citrate (2 Tablets = 500mg)
<b>Lunch</b>	Calcium Citrate (2 Tablets) 1 Vitamin D
<b>PM Snack</b>	Calcium Citrate (2 Tablets)
<b>Dinner</b>	1 Multivitamin

Reference:

Parrott, Julie et al. 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, Vol 13, Iss 5, pgs 727 - 741, 2017.

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