Vitamin Options – Roux-en-Y Gastric Bypass

Taking a bariatric specific multivitamin daily after surgery is absolutely essential to your continued success after your procedure. The body’s ability to absorb certain vitamins and minerals is greatly reduced after surgery; therefore, it is vital to take a multivitamin supplement daily to prevent any micronutrient deficiencies.

<table>
<thead>
<tr>
<th>Multivitamin Brand</th>
<th>Dose</th>
<th>Add/Extra</th>
</tr>
</thead>
<tbody>
<tr>
<td>BariLife</td>
<td>6 tablets/day</td>
<td></td>
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<tr>
<td><a href="http://www.barilife.com">www.barilife.com</a></td>
<td>3 in am, 3 in pm</td>
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<tr>
<td>Journey</td>
<td>6 tablets or capsules</td>
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<tr>
<td><a href="http://www.bariatriceating.com">www.bariatriceating.com</a></td>
<td>3 in am, 3 in pm</td>
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<tr>
<td>Bariatric Advantage – Ultra Multi Formula with Iron</td>
<td>3 capsules/day</td>
<td>1200-1500 mg calcium citrate</td>
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<tr>
<td><a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a></td>
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<tr>
<td>Bariatric Advantage – Chewables Essential</td>
<td>2 chewables/day</td>
<td>45-60 mg iron</td>
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<tr>
<td></td>
<td></td>
<td>1200-1500 mg calcium citrate</td>
</tr>
<tr>
<td>Procare</td>
<td>1 chewable/day OR 1 capsule/day</td>
<td>1500 mg calcium citrate</td>
</tr>
<tr>
<td><a href="http://www.procarenow.com">www.procarenow.com</a></td>
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</tr>
<tr>
<td>Celebrate – Multivitamin</td>
<td>3 capsules/day OR 2 chewables/day</td>
<td>45-60 mg iron</td>
</tr>
<tr>
<td><a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a></td>
<td></td>
<td>1200-1500 mg calcium citrate</td>
</tr>
<tr>
<td>Opurity</td>
<td>1 tablet/day</td>
<td>1200-1500 mg calcium citrate</td>
</tr>
<tr>
<td><a href="http://www.opurity.com">www.opurity.com</a></td>
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</tbody>
</table>

Additional options

Probiotic:
Probiotics are microorganisms that live in your digestive tract. We think of them as the “good” bacteria that help to balance the “bad” bacteria, or “illness causing” bacteria in the intestines. They have a variety of functions, many of which we learn more about every day. Some of the functions include improving digestion, assisting with weight loss, helping to lower inflammation, among many others.
Can be found at www.barilife.com, www.bariatriceating.com, or over the counter

Hair, Skin, and Nails:
After bariatric surgery, it is not uncommon for some patients to experience hair loss or hair thinning, brittle nails, and dry skin. A supplement can help to provide your body with extra nutrients important for maintaining healthy hair, skin, and nails.
Can be found at www.barilife.com, www.bariatriceating.com, or over the counter
Iron options:
Most gastric bypass & sleeve patients need 45-60 mg of iron each day to stay healthy. Those with heavy menstrual cycles, pregnant, or have a history of iron deficiency may require more iron daily to maintain normal levels. Iron must be taken 2 hours apart from calcium for maximum absorption. Recommendations:
Bariatric Advantage Chewable Iron 29 mg per tablet (www.bariatricadvantage.com)
Bariatric Advantage Iron Chewy Bite 30 mg per chew (www.bariatricadvantage.com)
Building Blocks Iron Chewable 30 mg per tablet (www.bbvitamins.com)
Building Blocks Iron Tablet 30 mg per tablet (www.bbvitamins.com)
Celebrate Iron + C Chewable 30 mg per tablet (www.celebratevitamins.com)
Celebrate Iron + C Tablet 30 mg per tablet (www.celebratevitamins.com)
Ferro-Sequel 50 mg per tablet (available over the counter)
Vitron-C 66 mg per tablet (available over the counter)
Wellese Liquid Iron 18 mg per tablespoon (available over the counter)
Feosol Carbonyl Iron 45 mg per tablet (available over the counter)
Ferrous Gluconate 27 mg per tablet (available over the counter)

Calcium Citrate + Vitamin D options:
Recommended dose is 1,200-1,500 mg of calcium citrate + vitamin D. Each dose should not exceed 600 mg as the body cannot absorb more than this at one time. Do not take calcium carbonate, coral calcium or oyster shell calcium as these are not well absorbed after surgery. Recommendations:
Bariatric Advantage Calcium Lozenge – 500 mg per tablet (1 tablet, 3x day)
Bariatric Advantage Calcium Citrate Chewy Bite – 250 mg per tablet (2 chews, 3x day)
Bariatric Advantage Calcium Crystals – 600 mg per tablet (1 serving, 2x day)
Building Blocks Calcium Citrate Chewable – 250 mg per tablet (2 tablets, 3x day)
Building Blocks Calcium Citrate Capsules – 167 mg per tablet (3 tablets, 3x day)
Celebrate Calcium Plus Chewable – 167 mg per tablet (3 tablets, 3x day)
Celebrate Calcium Plus 500 Chewable – 500 mg per tablet (1 tablet, 3x day)
Celebrate Calcium Plus Tablet – 167 mg per tablet (3 tablets, 3x day)
Celebrate Calcet Cremy Bites – 500 mg per chew (1 chew, 3x day)
Citracal Petites – 200 mg per tablet (3 tablets, 2x day)
Citracal Maximum – 315 mg per tablet (2 tablets, 2x day)
Citracal Plus – 250 mg per tablet (2 tablets, 3x day)

Vitamin B_{12} options:
Bariatric Advantage Sublingual B_{12} - 1,000 mcg (1 sublingual, 2-3x week)
Building Blocks B_{12} Spray – 200 mcg per spray (6 sprays at least 2-3x week)
Celebrate B_{12} Sublingual – 1,000 mcg (1 sublingual, 2-3x week)