

## Bariatric Vitamin Recommendations RYGB & VSG

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.

In order to meet the ASMBS guidelines, a bariatric multivitamin should contain at least 200% DV for most nutrients; include 45-60 mg iron, 350-500 mcg vitamin B12, and 1200-1500 mg calcium citrate. If your multivitamin does not contain appropriate amounts of iron, B12, or calcium, they will need to be taken additionally.

### Recommended Brands:

- Procare
  - [www.procarenow.com](http://www.procarenow.com)
- Celebrate
  - [www.celebratevitamins.com](http://www.celebratevitamins.com)
- Journey
  - [www.bariatriceating.com](http://www.bariatriceating.com)
- Bariatric Advantage
  - [www.bariatricadvantage.com](http://www.bariatricadvantage.com)
- BariLife
  - [www.barilife.com](http://www.barilife.com)
- Bariatric Fusion
  - [www.bariatricfusion.com](http://www.bariatricfusion.com)
- Bariatric Choice
  - [www.bariatricchoice.com](http://www.bariatricchoice.com)
- Opurity
  - [www.unjury.com](http://www.unjury.com)

If you have specific nutrition or vitamin concerns, please contact the dietitian, Michelle, for more personalized recommendations. Our clinic phone number is 573-882-5673. Alternatively, you may also use MUHealthE to communicate with your providers.

Bariatric vitamins are available in a variety of options including capsules, chewables, and powders that can be mixed with water. Everyone tolerates vitamins differently; it is up to you to determine which option is best for you. Please see the following pages for a variety of recommendations.

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## Multivitamins

### If you prefer capsules...

- Procare (\$12 – 30 day supply)
  - 1 capsule/day + 1200-1500 mg calcium citrate w/ vitamin D
- Celebrate Multi-Complete w/ iron (\$20 – 30 day supply)
  - 3 capsules/day + 1200-1500 mg calcium citrate w/ vitamin D
- Journey 3+3 Bariatric Multi Caps (\$45 – 30 day supply)
  - 6 capsules/day (3 in the morning, 3 in the evening)
- Bariatric Advantage Ultra Multi w/ iron (\$23 – 30 day supply)
  - 3 capsules + 1200-1500 mg calcium citrate w/ vitamin D
- BariLife Complete Bariatric Multivitamin Tablets (\$30 – 30 day supply)
  - 6 tablets/day (3 in the morning, 3 in the evening)
- Bariatric Fusion Multivitamin Capsules with Iron (\$20 – 30 day supply)
  - 1 capsule/day + 1200-1500 mg calcium citrate w/ vitamin D
- Bariatric Choice Multivitamin w/ Iron Capsule (\$15 – 30 day supply)
  - 1 capsule/day + 1200-1500 mg calcium citrate w/ vitamin D
- Opurity Multivitamin Capsules (\$30 -90 day supply)
  - 2 capsules/day + 1200-1500 mg calcium citrate w/ vitamin D

### If you prefer chewables...

- Procare (\$12 – 30 day supply)
  - 1 chew/day + 1200-1500 mg calcium citrate w/ vitamin D
  - Flavor: Citrus
- Celebrate Multi-Complete w/ iron (\$25 – 30 day supply)
  - 2 chews/day+ 1200-1500 mg calcium citrate w/ vitamin D
  - Flavor: Watermelon, Citrus
- Journey 3+3 Bariatric Multi Tabs (\$45 – 30 day supply)
  - 6 chews/day (3 in the morning, 3 in the evening)
  - Flavors: Berry, Tangerine
- Bariatric Advantage Multivitamin Chewy Bites (\$30 – 30 day supply)
  - 2 chews/day + 45 mg iron + 1200-1500 mg calcium citrate w/ vitamin D
  - Flavors: Dark Cherry, Strawberry Watermelon, Tropical Orange
- Bariatric Fusion Multivitamin Soft Chews (\$29 – 30 day supply)
  - 2 chews/day + 45 mg iron + 1200-1500 mg calcium citrate w/ vitamin D
  - Flavors: Tropical Fruit, Mixed Berry, Cherry Pineapple
- Bariatric Choice All in One Multivitamin w/ Calcium (\$25 – 30 day supply)
  - 4 wafers/day (taken in divided doses)
  - Flavor: Tropical Citrus, Orange Cream, Very Berry
- Opurity Chewable (\$30 – 90 day supply)
  - 1 tablet/day + 30 mg iron + 1200-1500 mg calcium citrate w/ vitamin D
  - Flavor: Orange-Berry

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## If you prefer to drink your vitamins...

- Celebrate Essential Multi 3 in 1 (\$15.95 – 7 day supply)
  - 2 stick packs/day mixed with water + 45 mg iron
  - Flavors: Citrus Splash, Raspberry-Lemonade
- Bariatric Advantage Multivitamin Crystals (\$24.95 – 15 day supply)
  - 1 scoop mixed with water, 3 times/day + 45 mg iron
  - Flavors: Citrus Splash, Wild Berry
- BariLife Complete Bariatric Multivitamin Powder (\$32 – 30 day supply)
  - 1 scoop mixed with water, 2 times/day (one in am, one in pm)
  - Flavors: Watermelon, Lemonade
- Bariatric Fusion Stick Packs (\$30 – 30 day supply)
  - 1 stick mixed with water, 2 times/day + 45 mg iron
  - Flavors: Mixed Berry, Pink Lemonade

If the multivitamin you choose does not contain adequate amounts of iron or calcium (as noted above), the following are a variety of options for additional iron and calcium *if you need it*.

## **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 those with 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 Iron –

- Chocolate Raspberry Chewy Bite: 30 mg, \$15/30 soft chews
- Passion Fruit Chewable: 29 mg, \$30/90 tablets
- Lemon Lime Chewable: 60 mg, \$40/90 tablets
- Strawberry Chewable: 18 mg, \$11/30 tablets
- Capsule: 45 mg, \$15/60 capsules
- Tablet: 29 mg, \$17/60 tablets

### Celebrate Iron –

- Chewable (Tangerine, Grape, Berry): 18 mg, \$9/30 tablets
- Tablet: 30 mg, \$7/30 tablets
- Raspberry Tart Soft Chew: 30 mg, \$32/90 chews
- Pineapple Soft Chew: 60 mg, \$38/90 chews

### Journey Gentle Iron –

- Capsules: 30 mg, \$25/60 capsules
- Grape Tablets: 20 mg, \$25/60 chews

### Bariatric Fusion Iron Soft Chews –

- Cherry Soft Chews: 45 mg, \$26/60 chews

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### Opurity Iron –

- Unlocked Iron: 20 mg, \$20/30 capsules
- Iron Chewable: 30 mg, \$10/90 tablets

### Over the counter options -

Ferro-Sequel 50 mg per tablet (available over the counter)

Vitron-C 66 mg per tablet (available over the counter)

Wellesse Liquid Iron 18 mg per tablespoon (available over the counter)

### **Calcium Citrate + Vitamin D options:**

*Recommended daily 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:**

#### Procare –

- Caramel Calcium Chews: 500 mg per chew (1 chew, 3x day), \$12 (10 day supply)

#### Bariatric Advantage Calcium –

- Calcium Citrate Chewy Bites: 500 mg per chew (1 chew, 3x day), \$34 (30 day supply)
  - Flavors: Caramel, Strawberry, Tropical Orange, Chocolate, Raspberry, Lemon, Peanut Butter Chocolate, Coconut, Pineapple Mango
- Calcium Crystals (Unflavored): 600 mg per 2 scoops (2 scoops, 2x day), \$16
- Calcium Citrate Tablet: 400 mg per 2 tablets (2 tablets, 3x day), \$20 (30 day supply)

#### Celebrate Calcium –

- Calcium Citrate Soft Chews: 500 mg per chew (1 chew, 3x day), \$32 (30 day supply)
  - Flavors: Chocolate, Caramel, Blackberry, Orange, Watermelon, Café Mocha, Strawberry Banana Cream, Cherry, Mixed Fruit

#### Bariatric Fusion –

- Calcium Soft Chews: 500 mg per chew (1 chew, 3x day), \$22 (20 day supply)
  - Flavors: Fruit Punch, Caramel

### Over the counter options –

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)

Solgar Liquid Calcium + Magnesium Citrate – 600 mg per tablespoon (1 Tbsp, 2x day)