

Vitamin and Mineral Supplements in the Bariatric Program

Liquid and Chewable Supplement Plan

After surgery, your body will not be able to absorb all the vitamins and minerals it needs from the small amounts of food that you eat. Because of this, you are at risk for nutritional deficiencies. To prevent nutritional deficiencies, you must take vitamin and mineral supplements every day for the rest of your life.

This handout is about liquid and chewable supplements. You can follow this plan right after surgery instead of taking pills and tablets. You can also use this plan if you have trouble swallowing pills and tablets.

Here are some helpful hints for taking your supplements and keeping you healthy:

- Take your supplements every day to prevent problems
- If you forget to take your supplements, try to find a way to remind yourself such as setting an alarm on your mobile phone or putting a sign on your refrigerator or bulletin board. You could also place them beside your toothbrush. However, keep them away from children.
- If you are having problems taking supplements, speak to your dietitian.

Supplement Schedule:

This is a SAMPLE schedule. Certain supplements and medications cannot be taken at the same time. Make sure review your current medications and supplements with your pharmacist. Your pharmacist can help you create a schedule that will work for you.

Time	Sample Schedule	My Schedule
Breakfast	<ul style="list-style-type: none"> • Calcium citrate • Vitamin D₃ • Vitamin B₁₂ (if needed) 	
Lunch		
Dinner	<ul style="list-style-type: none"> • Calcium citrate • Vitamin D₃ 	
Bedtime	<ul style="list-style-type: none"> • 2 multivitamins • Iron (if needed) 	

Multivitamin- 2 chewable multivitamins each day:

Chewable:

- Many chewable multivitamins do not have enough iron for most people
- Do not use 'gummy' or children's vitamins

Approved brands:

- Centrum Select 50+ Chewable
- Jamieson 100% Complete Multivitamin Chewable
- Bariatric Advantage Multi-Formula Chewable (from St. Joe's Pharmacy)

Calcium Citrate- 1200 mg of calcium taken in 2 or 3 doses during each day:

Chewable: Take 3 doses a day for a total of 1200mg a day:

- You cannot take calcium at the same time as iron (if you take iron)

Approved brands:

- JAMP CALCI- OS (NPN: 80003262)- 3 chews per day at 3 separate times.
- Bariatric Advantage Chewy Bites (from St. Joe's Pharmacy). You can take a total of 5 chews a day but you need to split these into 3 separate times of day such as 2 at breakfast, 2 at lunch, and 1 at dinner

Liquid: Take 2 doses from a total of 1200mg a day

- You cannot take calcium at the same time as iron (if you take iron)

Approved brands:

- Wellesse (Walmart, Costco)- 20mL twice a day
- Weber Naturals (Walmart, Shopper's Drug Mart) -20mL twice a day
- Life Brand (Shopper's Drug Mart)- 20mL twice a day

Vitamin D₃ – IU (in addition to the vitamin D in your calcium supplement):

Liquid:

- Vitamin D drops can be found in almost any pharmacy
- Any brand is acceptable as long as the dose is correct

Chewable

- Any brand is acceptable as long as the dose is correct

Iron- Your dietitian will tell you if you need to take iron:

If you took iron before surgery you will need to keep taking it after surgery.

You may need to start taking iron after surgery. Do not start taking iron unless you have been told to take iron by a member of your bariatric health care team.

- Iron is usually kept behind the pharmacy counter. You just need to ask the pharmacist for iron.
- You cannot take iron at the same time as your calcium

Approved brands:

- Bariatric Advantage Chewable 29mg iron (St. Joe's Pharmacy)- 1 chew a day