

## **Bariatric Surgery (Weight Loss Surgery): Vitamin Suggestions**

Before surgery it is important that you get into the routine of taking vitamin and mineral supplements. This is important as **this is something you are required to do for the rest of your life after surgery.**

### **Before and after surgery start taking:**

1. Multivitamin-mineral supplement (**2 tablets** per day)
2. Calcium citrate (1200 mg total per day spilt in 2-3 doses; no more than 600mg per dose)
3. Vitamin D<sub>3</sub> (\_\_\_\_\_ in additional to the vitamin D in your calcium supplement)
4. Vitamin B12 (500-1000mcg per day)
5. Others: based on your bloodwork or type of surgery

Below are some examples of supplement brands that you can take in order to follow the recommendations listed above. If you find an equivalent brand that is not listed below, bring the bottle into your next visit with the dietitian.

**Refer to page 80- 84 in your handbook to find additional information on how to take these supplements.**

### **1. Multivitamin-Mineral Supplement Suggestions (2 tablets per day):**

**Take at least 2 hours before or after you take calcium citrate:**

Brand Suggestions	Where to Buy	Estimated Cost
Life Brand Daily-One Formula for Women 50+	Shopper's Drug Mart	
Exact Vital 1 Formula for Women 50+	Loblaws/Fortinos/Zehrs	\$8.99 for 90 tabs
One-A-Day Women	Most stores and pharmacies	\$19.97 for 200 tabs
Centrum Forte Essentials <b>*Note: Supplement is low in iron; menstruating women require more iron and should choose a different supplement</b>	Most stores and pharmacies	\$10.94 for 60 tabs

Kirkland Signature Formula Forte Women <b>*Note: Supplement is low in iron; menstruating women require more iron and should choose a different supplement</b>	Costco	\$21.99 for 365 tablets
Opurity Bypass & Sleeve Optimized Chewable (1 chew per day)	<a href="http://www.opurity.com">www.opurity.com</a>	\$29.95 US for 90 day supply
Celebrate Multi- Complete 45 (4 chews per day)	<a href="http://www.celebratevitamins.ca">www.celebratevitamins.ca</a>	\$49.95 for 30 day supply

NOTE: Brands formulated for women can be taken by men as well

### CHOOSING YOUR OWN SUPPLEMENT:

If you decide to take a different multivitamin, you must check the label and ensure it contains:

- Elemental Iron (fumarate, sulfate, gluconate): **18mg per pill or more**
- Folate or Folic Acid: **under 0.5mg/pill** ( or under 500mcg) per pill (not to exceed 1mg or 1000mcg per day)
- Vitamin B1 (Thiamine): **1.1mg per pill or more**
- Vitamin B12
- Zinc
- Selenium

### 2. Calcium Citrate (1200 mg per day taken in 2 or 3 doses)

Brand Suggestions	Where to Buy
JAMP CALCI-OS- (500mg, 3 chews per day) NPN: 80003262 <b>*must ask pharmacy to order- provide NPN number above</b>	Most pharmacies will order for you
Life Brand Calcium Citrate (300mg, 2 tablets twice a day)	Shopper's Drug Mart
Osteocit Calcium Citrate (300mg 2 tablets twice a day)	IDA/Rexall/ Pharmacy in this building
Webber Naturals Liquid Calcium plus Vitamin D <sub>3</sub> - 20 mL twice a day	Walmart, Shopper's Drug Mart
Wellesse Calcium and Vitamin D <sub>3</sub> - 20 mL twice a day	Walmart, Costco

Life Brand Liquid Calcium with Vitamin D <sub>3</sub> - 20 mL twice a day	Shopper's Drug Mart
SISU Liquid Calcium & Magnesium – 15mL three times per day	Loblaws/Fortinos/Zehrs
Opurity Calcium Citrate Plus D Chewable- 4 chews per day	<a href="http://www.opurity.com">www.opurity.com</a>

**3. Vitamin D<sub>3</sub>- IU in addition to the vitamin D in your multivitamins and calcium supplement**

- Available in liquid (drops), chewable, and tablets which can be found in most pharmacies and stores
- Any brand is acceptable as long as the dose is correct

**4. Vitamin B<sub>12</sub>**

- Available in tablets and sublingual tablets (melts under your tongue)
- Time-Release supplements are NOT recommended
- 500mcg-1000mcg for *Roux-en- Y Gastric Bypass* patients
- 1000mcg for *Gastric Sleeve* patients

**Other supplements** (based on your bloodwork and type of surgery, your dietitian will tell you if you need to be taking any of these):

**Iron**

- Your multivitamin-mineral contains iron. Some patients, especially women of child-bearing age who menstruate or have a period, will need to take iron supplements in addition to their other supplements.
- If you need to take an iron supplement, you should take **300 mg of ferrous sulfate**
- **Brands:**
  - Life brand ferrous gluconate 306 mg from Shopper's Drug Mart
  - Bariatric Advantage Chewable 29 mg iron (1 chew a day) from St. Joe's Pharmacy

The Wharton Medical Clinic is not endorsing any of these products and is not receiving any compensation to list them on this resource.