

Vitamins

Dietary supplementation is mandatory after bariatric surgery. It is essential that patients take the products listed below every day for the remainder of their life.

Multiple Vitamin and Mineral

- Take Daily in liquid or chewable form
- Rationale
 - After surgery your caloric intake will be substantially lower. A multivitamin ensures that nutritional needs will be met. It is an adjunct to the foods, not a replacement.

Calcium plus Vitamin D

- 1,200-1,500 mg per day of liquid or chewable calcium.
 - This is usually achieved in two doses.
 - Take separately from multiple vitamin or iron supplement. .
- A calcium supplement should also contain 200-600 IU of vitamin D.
- Rationale
 - Calcium is essential for the prevention of osteoporosis. Rapid weight loss, decreased food intake and being female increase the risk of bone thinning.
 - Vitamin D increases calcium absorption in the small intestine. Deficiency is common in the Midwest

B-Complex

- Any B-Complex with 100 mg of thiamin (B1) daily
Must be crushed or in Liquid form (Twin Labs at The Vitamin Shoppe)
- Rationale
 - Thiamin and the “B-vitamins” are necessary for nervous system function, blood glucose regulation and the cardiovascular system.

B-12

- 1,000 micrograms (mcg) sublingually 1 time per week
 - Sublingual (under the tongue) B-12 is available in liquid or tab form.
- Rationale
 - B-12 is critical for the function of the nervous system and the formation of red blood cells. Absorption requires high levels of stomach acid, which is typically decreased after bariatric surgery. It can be absorbed under the tongue (sublingual), bypassing the need for stomach acid.

WHERE TO PURCHASE

The Vitamin Shoppe (located everywhere)-www.vitaminshoppe.com has a full assortment of bariatric vitamins as well as the TWIN LABS brand of bariatric vitamins

Bariatric Advantage Chewable – www.bariatricadvantage.com 1-800-898-6888

PASS HEALTH FOODS - 7228 W. College Drive (119th St.) Palos Heights, IL 60463
www.passhealthfoods.com 708-448-9114