

Bariatric Vitamins

Recommended Brands & Daily Requirements

You need to take these vitamins DAILY and for the REST OF YOUR LIFE.

Gastric Bypass (RNY) & Sleeve Gastrectomy	
Vitamins & Supplements	Servings per Day*
Bariatric formulated multivitamin-mineral with <i>18 - 60 mg iron and 500 mcg Vitamin B12</i>	1 serving
Vitamin B complex (with 50 mg thiamin)	1 serving
Calcium <u>Citrate</u> with Vitamin D3 (total 1200 - 1500 mg daily)	2 servings of 600 mg per serving 3 servings of 400 or 500 mg per serving
Probiotic	1 serving
*Serving sizes vary with different brands, READ THE LABEL	

Source of recommendations: American Society of Metabolic & Bariatric Surgery

Choose a vitamin/supplement from each chart of the recommended brands on the following pages.



Bariatric formulated Multivitamin with iron & Vitamin B12: 1 serving daily

Brand	Name	Serving size	Vitamin B12 (mcg)	Iron (mg)	Vitamin D3 (IU)	Average cost/month
Bariatric Advantage	Advanced EA Multivitamin	2 chewable tablets	1000	45	3000	30*
Bariatric Advantage	Ultra-Multivitamin with Iron	3 capsules	1000	45	3000	17*
Celebrate	Multi-Complete 36	2 chewable or 3 capsules	1000	36	3000	20
Celebrate	Multi-Complete 45	2 chewable or 3 capsules	1000	45	3000	23
Celebrate	Multi-Complete 60	2 chewable or 3 capsules	500	60	3000	24
Opurity	Bypass & Sleeve Optimized – Chewable	1 chewable tablet	500	18	3000	10
Opurity	Complete Optimized Multivitamin-multimineral	2 capsules	500	18	3000	10
ProCare Health	Bariatric Multi-Vitamin with 45 mg Iron	1 chewable tablet	1000	45	3000	15
ProCare Health	Bariatric Multi-Vitamin with 45 mg Iron	1 capsule	1000	45	3000	15
ProCare Health	Bariatric Multi-Vitamin with 18 mg Iron	1 capsule	1000	18	3000	20

*with the Bariatric Advantage discount (promo code “Kaiser”)



All recommended brands contain the required Vitamin B12 (500 - 1000 mcg) and iron (18 - 60 mg).

Choosing a multivitamin with iron:

- 18 mg a day (minimum) or
- 45 - 60 mg a day for females with menses & patients with history of anemia

Separate the multivitamin with iron from calcium citrate by 2+ hours for maximum absorption.

NO GUMMIE VITAMINS OF ANY KIND AFTER SURGERY!

Why you need a bariatric formulated multivitamin:

- Standard over the counter (OTC) vitamin brands are formulated to meet the nutritional needs of the general population.
- As a bariatric patient, your body requires a much higher level of 13 micronutrients that OTC brands will not meet; even if you take extra servings.

For example:

Micronutrient	Micronutrient Levels in standard OTC Brands	<u>Minimum Micronutrient Levels Needed after Bariatric Surgery</u>
Vitamin A	1500 IU	5,000 - 10,000 IU
Iron	8 mg	18 - 60 mg

- Bariatric vitamins and supplements allow your body to function at its full potential and help you avoid malnutrition and vitamin deficiency.
- Not all bariatric brands meet all micronutrient requirements. Choose from the brands recommended on chart on the next page.
- Calcium citrate, Vitamin B complex and probiotics do not need to be a bariatric brand; though they are often better tasting and are higher quality products.



Vitamin B Complex (with 50 mg thiamin): 1 serving daily**

Brand	Name	Serving size	Thiamin (mg)	Average cost/month
Bariatric Advantage	Vitamin B-50 Complex	2 capsules	50	7*
Celebrate	Vitamin B-50 Complex	1 capsule	50	4
Kirkland	Super B-Complex with Electrolytes	1 tablet	100	2
Now	Vitamin B-100	1 capsule	100	4
Source Naturals	Vitamin B-50 Complex	1 tablet	50	4
Twin Lab	Stress B-Complex Capsules with Vitamin C	2 capsules	50	5

*with the Bariatric Advantage discount (promo code "Kaiser")

****Note: your lab values will be high when taking this amount of B vitamins.**

We expect this high lab value; taking the B complex helps prevent a deficiency.



Calcium Citrate with Vitamin D3: 2 - 3 servings daily; for a total of 1200 - 1500 mg daily



Brand	Name	Serving size	Spacing	Calcium citrate (mg)	Vitamin D (IU)	Average cost/month
Bariatric Advantage	Calcium Citrate Chewy Bites	1 chewy bite	1 chewy bite, 3x/day	500	500	26*
Blue Bonnet	Liquid Calcium Magnesium Citrate + Vitamin D3	1 Tbsp.	1 Tbsp., 2x/day	600	400	25
Celebrate	Calcium Plus 500	1 chewable tablet	1 tablet, 3x/day	500	333	22
Citracal	Maximum Plus Calcium Citrate + D3	2 caplets	2 caplets, 2x/day	630	500	18
Kirkland	Calcium citrate with Vit D	2 tablets	2 tablets, 3x/day	500	800	9
Nova Nutrition	Calcium Citrate w with D3	2 tablets	2 tablets 2x/day	700	400	7
Opurity	Calcium-Citrate Plus-Chewable	4 tablets	2 tablets 2x/day	1200	800	14
Pro Care Health	UpCal D Powdered Calcium Citrate	1 scoop or packet	1 scoop or packet, 3x/day	500	500	18

*with the Bariatric Advantage discount (promo code "Kaiser")

Remember: separate the multivitamin with iron from calcium citrate by 2+ hours for maximum absorptions.

Probiotics: 1 serving daily



Brand	Name	Serving Size	Average cost/month
Bariatric Advantage	Chewable Floravantage Probiotic	2 chewable tablets	29*
Celebrate	Balance Probiotic	1 capsule	28
Garden of Life	Primal Defense ULTRA Ultimate Probiotic Formula	1 capsule	10
Klaire Labs	Ther-Biotic complete	1 capsule	21
Mega Foods	Mega Flora	1 capsule	15
Nature Made	Digestive Probiotics Advanced	2 capsules	21
Nutrition Now PB8	Immune support probiotic	1 capsule	9
Renew Life	Ultimate Flora Extra Care Probiotic	1 capsule	21

*with the Bariatric Advantage discount (promo code "Kaiser")

Examples of Vitamin Schedule

Time	Example 1 First 2 months post op	Example 2 2 - 3+ months post op	Example 3 <i>If extra iron is needed</i>
7:00 am (breakfast)	Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)	Bariatric Multivitamin (1 capsule) B-complex (1 capsule) Probiotic (1 capsule)	Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)
10:00 am	Bariatric Multivitamin (2 chewable tablets)		Bariatric Multivitamin (1 capsule) B-complex (1 capsule) Probiotic (1 capsule)
12:00 pm (lunch)	Calcium citrate w/Vit D3 (1 chewy bite - 500 mg) B-complex (1 capsule) Probiotic (2 chewable tablets)	Calcium citrate w/Vit D3 (2 caplets - 630 mg)	Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)
3:00 pm			Iron with Vitamin C (1 capsule)
6:00 pm (dinner)	Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)	Calcium citrate w/Vit D3 (2 caplets - 630 mg)	Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)

As a rule, taking vitamins with food will increase absorbability & decrease stomach upset and nausea.



Where to Purchase Recommended Vitamins

Multivitamin-Multimineral with Iron https://www.bariatricadvantage.com/ https://www.celebratevitamins.com https://procarenow.com/ https://www.unjury.com/ Amazon Bellevue Kaiser pharmacy (Bariatric Advantage & Celebrate)	Calcium citrate with Vitamin D3 https://www.bariatricadvantage.com/ https://www.celebratevitamins.com https://procarenow.com/ https://www.unjury.com/ Amazon Walgreens Bellevue Kaiser pharmacy (Bariatric Advantage & Celebrate)
Vitamin B Complex https://www.bariatricadvantage.com/ https://www.celebratevitamins.com The Vitamin Shoppe Walgreens Rite Aid Amazon	Probiotics https://www.bariatricadvantage.com/ https://www.celebratevitamins.com The Vitamin Shoppe Walmart Amazon

NOTE: Bariatric Advantage has a special offer for Kaiser patients.

- Receive Kaiser member pricing of roughly 20% discount & free shipping with validation code: KAISER.
- Enter validation code on the left side of the page before you start to shop to ensure you receive the special offer.
- Visit: BariatricAdvantage.com or call 1.800.898.6888



Bariatric Multivitamin Brands NOT recommended: these brands do not meet your nutritional requirements

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|---|---|
| <ul style="list-style-type: none"> • Bariatric Choice® All-In-One Multi-Vitamin • Bariatric Food Expert Multi-Vitamin Gummies • Bariatric Fusion | <ul style="list-style-type: none"> • BariMelts • My Bariatric Vitamins • Wellesse Liquid Multivitamin • WonderSlim Multi-Vitamin • Tespo |
|---|---|

Calcium Brands NOT recommended: they are calcium carbonate

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| <ul style="list-style-type: none"> • Caltrate® • Viactiv® • Tums® • OsCal® | <ul style="list-style-type: none"> • calcium triphosphate • oyster shell • bone mea |
|--|--|