

BARIATRIC VITAMIN GUIDE

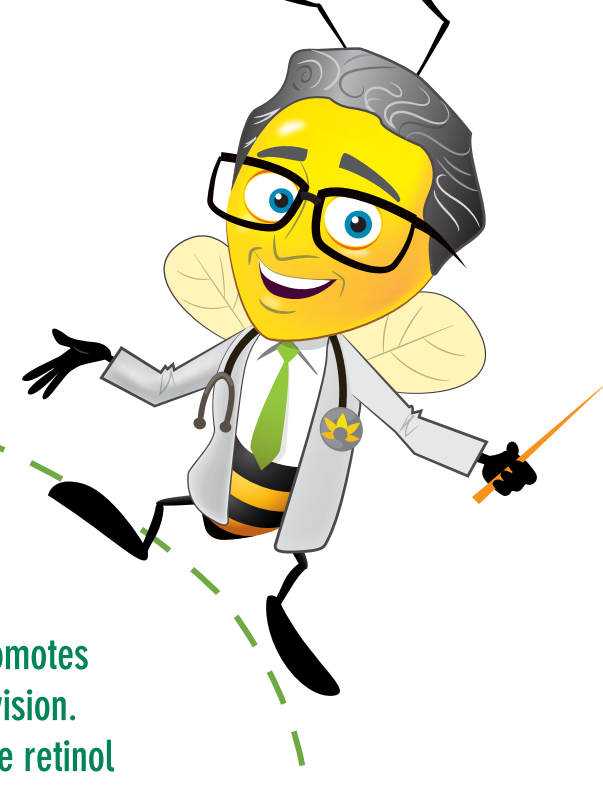
Helping You Keep Your Healthy Promise
After Surgery

A



Vitamin A, essential for overall good health, promotes growth, the immune system, reproduction and vision. The two most common sources for Vitamin A are retinol and beta-carotene.

✿ The ASMBS recommends 10,000 IU per day of Vitamin A.



B1

(Thiamine)

The body does not store Thiamine; therefore it needs to be consumed each day. Thiamine is essential for the conversion of food into energy. It is also essential for brain function and nerve function.

✿ The ASMBS recommends 3mg per day of B1 (Thiamine).



B12

A vitamin B12 deficiency is one of the most common deficiencies among people who have undergone bariatric surgery. While about 5% of patients have this deficiency prior to surgery, about 13% have it once surgery is complete. The B12 deficiency tends to occur due to the inadequate digestion of vitamin B12.

✿ The ASMBS recommends 1000 mcg per day of B12.



C

Vitamin C should be taken to promote the healing of wounds created during surgery. A deficiency in vitamin C can lead to failure of tissues in the body to repair themselves.

✿ The ASMBS recommends 120 mg per day of Vitamin C.



Calcium Citrate

Calcium is a mineral found in a variety of foods and is a key player in the maintenance and development of strong bones and healthy teeth. It also facilitates healthy muscle and brain function. There are two main forms of calcium supplements available: calcium citrate and calcium carbonate. Calcium citrate is the preferred form of calcium for bariatric patients - it is the most easily absorbed.

✿ The ASMBS recommends 1,200 mg of calcium per day for gastric bypass and vertical sleeve patients, and 2,400 mg of calcium per day for duodenal switch patients.

D3

Vitamin D promotes bone and cell growth and reduces inflammation. This is very important to the healing of bariatric patients. Symptoms of vitamin D deficiency are frequent bone fractures, fatigue and muscle weakness. Vitamin D is especially vital to take because often you will not show symptoms of being deficient until your levels are dangerously low.

✿ The ASMBS recommends 3,000 to 6,000 IU per day of Vitamin D3.

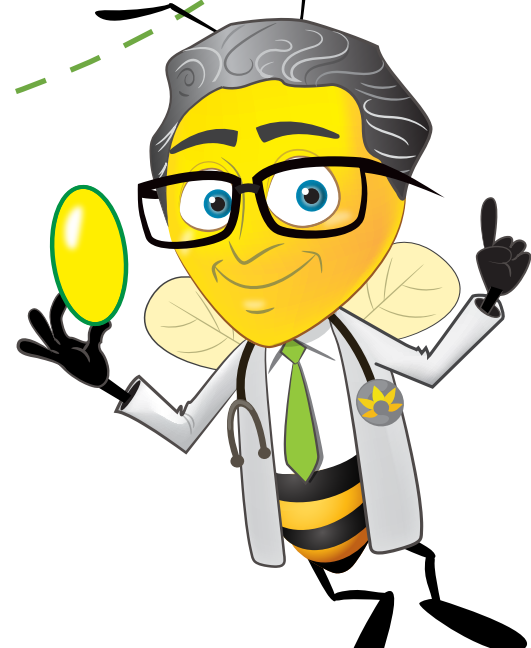


Folate

(also known as B9 or Folic Acid)

Folate is one of the building blocks necessary for all human cells to grow. It creates red blood cells and neurons.

✿ The ASMBS recommends 400 mcg per day of Folate.



Iron is an essential nutrient found in vegetables and red meat. Although it is unclear exactly how iron is absorbed, the small intestine appears to play a large role in the process. Because bariatric surgery may interfere with iron absorption, it is important for patients to take an iron supplement to avoid becoming anemic.

✿ The ASMBS recommends 40-60 mg per day of Iron.

Iron

K

Vitamin K is a fat soluble vitamin that plays an integral role in blood clotting and bone health. What is alarming is that most bariatric specific multivitamins completely omit vitamin K!

✿ The ASMBS recommends 160 mcg per day of vitamin K.



Multivitamin

According to the Harvard School of Public Health, taking a daily multivitamin is similar to having an insurance policy. It will fill in the gaps where your diet is lacking in micronutrients. Multivitamins are available in tablets and powder, and should be taken according to the package directions.

ASMBS Clinical Practice Guidelines

#Vitamins Per Day	Vitamins & Minerals	ASMBS	BariLife Tablets	BariLife Powder
		Recommended Vitamin Supplementation Dosage	6	2 Scoops
	Vitamin A	10,000 IU	10,000 IU	10,000 IU
	Vitamin C	120 MG	120 MG	120 MG
	Vitamin D3	3,000-6,000 IU	6,000 IU	6,000 IU
	Vitamin E	60 IU	200 IU	200 IU
	Vitamin K	160 MCG	240 MCG	240 MCG
	Thiamin	3 MG	6 MG	6 MG
	Riboflavin	3.4 MG	8 MG	8 MG
	Niacin	40 MG	40 MG	40 MG
	B6	4 MG	8 MG	8 MG
	Folic Acid	400 MCG	400 MCG	400 MCG
	B12	1,000 MCG	1,000 MCG	1,000 MCG
	Biotin	60 MCG	600 MCG	600 MCG
	Pantothenic Acid	20 MG	40 MG	40 MG
	Calcium	1,200 - 2,400 MG	1,500 MG	1,500 - 2,000 MG
	Iron	45-60 MG	45 MG	45 MG
	Magnesium	400 MG	800 MG	800 MG
	Zinc	15 MG	30 MG	30 MG
	Selenium		140 MCG	140 MCG
	Copper	2 MG	2 MG	2 MG
	Manganese	3.6 MG	4 MG	4 MG
	Chromium	120 MCG	240 MCG	240 MCG
	Molybdenum	90 MCG	200 MCG	200 MCG
	Iodine		225 MCG Tablets	200 MCG Powder

