Approved Vitamin and Minerals Supplements for Roux-En-Y Gastric Bypass & Sleeve Gastrectomy Surgery

***Check with the Registered Dietitian before using any other supplements.

Please Note: If you are taking the blood thinner Coumadin, Warfarin or Jantoven, please speak with your physician and anticoagulant clinic before starting a new vitamin/mineral supplement due to changes in intake of Vitamin K.

Choose one of the following Vitamin/Mineral Options: I. Celebrate, II. Optisource, III. Standard Vitamin/Mineral or IV. Nascobal B12 Nasal Spray & BariActiv Vitamin/Mineral Supplements

Bariatric Specific Vitamin/Mineral Supplements: Celebrate, Optisource & BariActiv Vitamin/Minerals

I. Celebrate Supplements:

Purchase 2 items: 1. Celebrate Multi-Complete 36 Vitamin & 2. Calcium Citrate

1. Celebrate Multi-Complete 36 Multivitamin (Forrest Berry, & Mango-Peach, & Orange flavor)
   Take 1 tablet 2 times per day (total of 2 tablets)
   *Contains 3,000 IU Vitamin D

2. Celebrate Calcium Plus 500: Take 1 tablet 2 times per day
   OR
   Celebrate Calcium Soft Chews 500 mg: Take 1 chew 2 times per day
   OR
   Calcet Creamy Bites: Take 1 Creamy Bite 2 times per day

   *If your physician is recommending Vitamin D supplementation greater than 3,000 IU daily,
   please check with your dietitian for additional Vitamin D supplementation.

   *A Vitamin D supplement should be taken with food for better absorption and can be taken with other vitamin/mineral supplements.

Suggested schedule for taking Celebrate supplements:

Breakfast: Celebrate Multi-Complete Chewable Multivitamin 1 Tablet
Lunch: Celebrate Calcium Citrate 500 mg chews 1 Tablet
Dinner: Celebrate Calcium Citrate 500 mg chews 1 Tablet
Bedtime: Celebrate Multi-Complete Chewable Multivitamin 1 Tablet

To Purchase: Celebrate Bariatric Vitamins: www.deaconess.com/weightloss and link to Celebrate Bariatric Vitamins website or call 1-877-424-1953

*Selected Celebrate supplements available at Deaconess Family Pharmacy.
II. Optisource Vitamin/Mineral Supplement:

**Purchase 2 items:** 1. Optisource Vitamin/Mineral & 2. Vitamin D3

1 tablet 4 times per day, better absorption if taken with food.
* Continue 2,000 IU Vitamin D3 post-surgery or as prescribed by a physician.
* A Vitamin D supplement should be taken with food for better absorption and can be taken with other vitamin/mineral supplements.

**Suggested schedule for taking Optisource supplements:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Optisource Chewable Vitamin/Mineral</th>
<th>Vitamin D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>1 tablet</td>
<td>2,000 IU</td>
</tr>
<tr>
<td>Lunch</td>
<td>1 tablet</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>1 tablet</td>
<td></td>
</tr>
<tr>
<td>Bedtime</td>
<td>1 tablet</td>
<td></td>
</tr>
</tbody>
</table>

**To Purchase:** Participating Walgreen’s & CVS Pharmacies, [www.NestleNutritionStore.com](http://www.NestleNutritionStore.com) or call 1-800-422-2752. See also [www.Walgreens.com](http://www.Walgreens.com) or [www.CVS.com](http://www.CVS.com)

*Available at Deaconess Family Pharmacy.

III. ProCare Health Bariatric Chewable Multivitamin:

**Purchase 2 items:** 1. ProCare Health Bariatric Chewable MVI & 2. Chewable Calcium Citrate

**Suggested schedule for taking ProCare Health Bariatric MVI:**

<table>
<thead>
<tr>
<th>Time</th>
<th>ProCare Health Bariatric Multivitamin</th>
<th>Calcium Citrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>1 tablet</td>
<td>500 mg</td>
</tr>
<tr>
<td>Lunch</td>
<td>Calcium Citrate 500 mg Calcium Citrate chews</td>
<td>1 tablet</td>
</tr>
<tr>
<td>Dinner</td>
<td>Calcium Citrate 500 mg Calcium Citrate chews</td>
<td>1 tablet</td>
</tr>
</tbody>
</table>

*See calcium citrate chewable, liquid or powdered options below.

**To Purchase:** [www.procarenow.com](http://www.procarenow.com) or call 877-822-5808; Also available through Amazon.com

IV. Standard Chewable Multivitamin Supplements:

**Purchase 4 items:** 1. Complete Multivitamin, 2. Calcium Citrate, 3. Sublingual B12, 4. Vitamin D3

1. Take 1 tablet 2 times per day (total of 2 tablets)
   - Flinstones Complete
   - Equate Children’s Complete Chewable (Walmart, Sam’s Club)

**No Gummy vitamin/minerals.

2. Chewable Calcium Citrate:
   **Dose depends on amount of calcium per chew:** Take 500-600 mg of calcium 2 times per day.
   - Celebrate Calcium Plus 500
     - Take 1 tablet 2 times per day.
   - Celebrate Calcium Soft Chews 500 mg
     - Take 1 chew 2 times per day.
- **Calcet Creamy Bites (500 mg soft chews)**
  
  **Take 1 Creamy Bite 2 times per day.**

  **To purchase Celebrate Calcium Supplements or Calcet Creamy Bites:**  
  [www.deaconess.com/weightloss](http://www.deaconess.com/weightloss) & link to Celebrate Bariatric Vitamins OR 
  Call 1-877-424-1953.

- **Bariatric Advantage Calcium Citrate Chewy Bites 250 mg**
  
  **Take 2 chewy bites 2 times per day. To Purchase:**  
  [www.bariatricadvantage.com](http://www.bariatricadvantage.com)

- **Bariatric Advantage Calcium Citrate Chewy Bites 500 mg**
  
  **Take 1 chewy bite 2 times per day. To Purchase:**  
  [www.bariatricadvantage.com](http://www.bariatricadvantage.com)

- **Wellesse Calcium & Vitamin D3 Liquid** (Rite Aid Pharmacy & participating Walmart locations, Walgreens Pharmacy, Kroger, or go to [www.wellesse.com](http://www.wellesse.com) for other participating vendors & on-line purchasing.)
  
  **Take 1 tablespoon 2 times per day.**

- **UpCal D Calcium Citrate Powder**  
  (www.globalhp.com or 1-800-638-2870) 
  
  **Take 1 scoop 2 times per day.**

- **Twin Labs Calcium Citrate Chewable Tablets**
  
  Available at local Vitamin Shoppe. 
  
  **Take 2 tablets 2 times per day.**

  *Ordering information available for other chewable, liquid, or powder calcium citrate supplements. Please ask dietitian.

*Goal is 1,200 – 1,500 mg of calcium per day for bone health: 1,000 – 1,200 mg from calcium supplement + 500 mg from calcium-rich food = 2 – 3 calcium rich dairy foods daily.

3. **Sublingual B-12**

*Place tablet under the tongue.

- 500 micrograms (mcg) daily OR
- 1,000 micrograms (mcg) every other day, 3 times per week

**Check the Supplement Facts panel for the amount of B12 in the dose before purchasing.

**Suggested schedule using Standard Vitamin/Mineral Supplements:**

<table>
<thead>
<tr>
<th>Morning:</th>
<th>Multivitamin with Iron</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Additional Iron, if recommended</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vitamin B12, 500 mcg</td>
<td>1 tablet</td>
</tr>
<tr>
<td>Lunch:</td>
<td>Calcium Citrate with Vitamin D, 500 – 600 mg</td>
<td>1 – 2 pills</td>
</tr>
<tr>
<td>PM:</td>
<td>Calcium Citrate with Vitamin D, 500 – 600 mg</td>
<td>1 – 2 pills</td>
</tr>
<tr>
<td>Dinner:</td>
<td>Multivitamin with Iron</td>
<td>1 tablet</td>
</tr>
<tr>
<td></td>
<td>2,000 IU Vitamin D3</td>
<td>1 tablet</td>
</tr>
</tbody>
</table>

*Continue 2,000 IU Vitamin D3 post-surgery or as prescribed by a physician.

*A Vitamin D supplement should be taken with food for better absorption and can be taken with other vitamin/mineral supplements.

*Separate multivitamin with iron & calcium supplement by at least 2 hours.

* Separate doses of calcium.
**V. Nascobal B12 Nasal Spray & BariActiv Vitamin/Mineral Supplements**

- Available by prescription
- Covered by many commercial insurance plans with cost of $25.00 or less per month
  *(Government insurance is not eligible: Medicare (including Medicare supplement) or Medicaid*
- Automatically shipped to your home monthly for 12 months or before if cancelled by participant

**Process for purchasing Nascobal & BariActiv vitamin/mineral supplements:**

1. Fill out “Patient Information” section of prescription form provided by dietitians.
2. Dietitians will fax information to ProCare PharmacyCare, the program pharmacy.
3. Once the information is faxed, please contact ProCare PharmacyCare at (855-828-1488) to confirm receipt of order.
4. If the vitamin/mineral supplements are covered by your private insurance and cost is $25.00 or less, the vitamin/mineral supplements will be automatically shipped to the delivery address provided.
5. If supplement cost is more than $25.00 per month, you will receive a telephone call from ProCare PharmacyCare, the program pharmacy, with the monthly cost of the vitamin/mineral supplements to either purchase or decline the product.
6. If credit or debit card information is not provided on the patient information form, you will receive a telephone call from the program pharmacy with the monthly cost based on private insurance coverage and request for method of payment.
7. Payment can be made by credit/debit card or by check. No checks by phone accepted.
8. The prescription is for 12 months, but the program can be discontinued at any time.

**Nascobal Nasal Spray & BariActiv Supplements:**

1. **Nascobal Nasal Spray:** A Vitamin B12 nasal spray taken 1 time each week.
2. **BariActiv Multi-Vitamin** (Smooth-Dissolving Tablets): Take 1 tablet 2 times daily.
3. **BariActiv Calcium + D3 + Magnesium:** Take 2 tablets 2 times per day.
4. **Iron + Vitamin C:** Take 3 tablets daily.

**Suggested Schedule using Nascobal Nasal Spray & BariActiv Supplements**

**Breakfast:** (1 Tablet) BariActiv Multi-Vitamin + (2 Tablets) Calcium + Vitamin D + Magnesium

*Nascobal B12 Nasal Spray:* 1 spray per 1 nostril 1 time per week.

**Lunch:** (3 Tablets) Iron + Vitamin C

**Dinner:** (1 Tablet) BariActiv Multi-Vitamin + (2 Tablets) Calcium + Vitamin D + Magnesium

*Multi-vitamin & calcium supplement contain 3,800 International Units of Vitamin D3. Patients taking 2,000 International Units of Vitamin D3 per dietitian recommendations can discontinue Vitamin D3 supplementation. If Vitamin D3 was prescribed by your physician, please discuss continued Vitamin D supplementation with clinic physician or dietitian.*