Vitamin & Mineral Supplementation
Gastric Bypass & Sleeve Gastrectomy
Vitamin & mineral supplementation is a *lifetime* habit after surgery to meet your core nutritional needs.
CHEWABLE, POWDERED, OR LIQUID VITAMINS & MINERALS ARE RECOMMENDED FOR THE FIRST 3 MONTHS AFTER SURGERY FOR BETTER TOLERANCE AND ABSORPTION

NO GUMMY VITAMINS AFTER SURGERY!
GASTRIC BYPASS & SLEEVE PATIENTS WILL REQUIRE:

A MULTIPLE VITAMIN

Additional vitamin and mineral supplements will be added based on the content of the multivitamin selected. (SEE OPTIONS LISTED IN FURTHER SLIDES)
IMPORTANCE OF CALCIUM CITRATE SUPPLEMENTATION:

• For bone health.

• Better ABSORPTION with the limited stomach acid in the new pouch and stomach.

• Less risk of developing kidney stones with the citrate form of calcium and it is less constipating.
CALCIUM NEEDS POST-SURGERY:

- Consume 1,200 – 1,500 mg of calcium daily.
- Achieving daily calcium needs should come from supplements and food.
- Consume 500 – 600 mg of calcium citrate 2 times per day.
- Consume 2 – 3 calcium rich dairy foods daily.

**Calcium-rich dairy foods include:**

- 1 cup milk
- 6 oz. light yogurt
- 1 oz. of reduced-fat cheese
Calcium Supplementation Post-Surgery Will Need to Be In Chewable or Liquid Form
CALCIUM SUPPLEMENTS: READING THE LABELS

Celebrate Calcium PLUS 500

Take 1 Celebrate Calcium PLUS 500 2 times per day

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2 g &lt;1%*</td>
</tr>
<tr>
<td>Sugars</td>
<td>0 g ↑</td>
</tr>
<tr>
<td>Vitamin D (as cholecalciferol)</td>
<td>333 IU 83%</td>
</tr>
<tr>
<td>Calcium (as calcium citrate)</td>
<td>500 mg 50%</td>
</tr>
<tr>
<td>Magnesium (as magnesium citrate and magnesium oxide)</td>
<td>34 mg 9%</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet.
↑ Daily value not established.

Other ingredients: Sorbitol, xylitol, coconut oil complex, stearic acid, malic acid, beet color, magnesium stearate, silica, artificial flavors, citric acid, sucralose and salt.
Contains Milk.
To achieve the recommended amount of Thiamin (Vitamin B1) daily post-surgery, a B-Complex supplement (which contains 15 mg of Thiamin) will be required when taking the following:

1. Option #1: Optisource
(Please note, this is NOT a B-Complex 50, B-Complex 100 or Super B-Complex)
VITAMIN REGIMEN OPTIONS:

• #1 – Optisource (see slides 11-13)

• #2 – Celebrate (see slides 14-16)

• #3 – Nascobal/BariActiv (see slides 17-19)

• #4 – ProCare Health (see slides 20-21)
BARIATRIC SPECIFIC VITAMINS AND MINERALS:

OPTION #1: OPTISOURCE

ONE TABLET 4 TIMES PER DAY

Also include the following:

- 2,000 IU Vitamin D3 daily
- B-Complex 1 tablet daily (*Starting 1 month after surgery)
BARIATRIC SPECIFIC VITAMINS AND MINERALS:

OPTION #1: OPTISOURCE

Daily schedule for taking supplements:
Breakfast: 1 Optisource Tablet + 2,000 IU Vitamin D
Lunch: 1 Optisource Tablet
Mid-Afternoon Snack: 1 Optisource Tablet
Dinner: 1 Optisource Tablet + B-Complex (1 tablet)

*A B-Complex supplement (1 tablet) will be added 1 month after surgery and can be taken with the Optisource vitamin/mineral.
OPTISOURCE MAY BE PURCHASED AT:

- Deaconess Family Pharmacy
- Participating Walgreens Pharmacies
- Participating CVS Pharmacies
BARIATRIC SPECIFIC VITAMIN/MINERALS

OPTION #2: CELEBRATE

Multi-Complete 36 - 1 tablet 2 times per day

Multi-Complete 45 – would be a better option for:
1. A woman who continues with monthly cycles
2. Anyone who has a history of anemia

500 mg Calcium Citrate 1 chewable-2 times per day

AND
BARIATRIC SPECIFIC VITAMIN/MINERALS

OPTION #2: CELEBRATE CALCIUM CITRATE OPTIONS: (CHOOSE ONE OPTION)

• Celebrate 500 mg Soft Chews: 1 soft chews 2 times per day

• Calcet Creamy Bites (500 mg soft chews): 1 soft chew 2 times per day

• Celebrate Calcium Plus 500: 1 tablet 2 times per day

NOTE: Celebrate calcium citrate supplements are appropriate for the first 3 months after surgery and beyond.
BARIATRIC SPECIFIC VITAMIN/MINERALS

OPTION #2: CELEBRATE

Daily schedule for taking supplements:

**Breakfast:** Celebrate MC 36 vitamin/mineral (1 tablet)

**Lunch:** Celebrate Calcium Citrate 500 mg chews (1 tablet)

**Dinner:** Celebrate Calcium Citrate 500 mg chews (1 tablet)

**Snack:** Celebrate MC 36 vitamin/mineral (1 tablet)

To Purchase Celebrate Supplements: [www.celebratevitamins.com](http://www.celebratevitamins.com) or (877)424-1953

*Celebrate Vitamins are also available through other on-line companies such as [www.Amazon.com](http://www.Amazon.com) and [www.Walmart.com](http://www.Walmart.com)*
BARIATRIC SPECIFIC VITAMIN/MINERALS

Option #3: Nascobal B12 Nasal Spray & BariActiv Vitamin/Mineral Supplements

- Available by prescription
- Covered by many private insurance plans with cost of $25.00 or less per month (Not covered by government insurance including Medicare & Medicaid)
- Automatically shipped to your home monthly for 12 months
- Can be cancelled at anytime by participant.

*If interested, please speak with your dietitian.
Option #3: Nascobal B12 Nasal Spray & BariActiv Vitamin/Mineral Supplements:

Each month, the following is mailed:

- Nascobal Nasal Spray, BariActiv Multivitamin, BariActiv Calcium + D₃ & Magnesium, BariActiv Iron + Vitamin C

Vitamin/Mineral Daily Plan:

- Nascobal Nasal Spray: 1 spray, 1 nostril per week
- BariActiv Multi-Vitamin: 1 tablet 2 times daily
- BariActiv Calcium + D₃ + Magnesium: 2 tablets 2 times per day
- BariActiv Iron + Vitamin C: 3 tablets daily
Option #3: Nascobal B12 Nasal Spray & BariActiv Vitamin/Mineral Supplements:

Daily schedule for taking supplements:

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

Lunch: (3 tablets) Iron + Vitamin C

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

*Nascobal B12 Nasal Spray: 1 spray per 1 nostril 1 time per week*
OPTION #4: ProCare Health

- ProCare Health Chewable Bariatric Multivitamin
  - 1 tablet daily
- Calcium Citrate with Vitamin D
  - 500 - 600 mg 2 times per day
OPTION #4: ProCare Health

Daily schedule for taking supplements:

**Breakfast:** (1 tablet) ProCare Health Chewable Multivitamin

**Lunch:** 500 mg Calcium Citrate with D

**Dinner:** 500 mg Calcium Citrate with D

To Purchase ProCare Health Bariatric Multivitamin: www.procarenow.com OR 877-822-5808

*ProCare Health Multivitamins are also available through other on-line companies such as www.Amazon.com and www.Walmart.com
CHANGING VITAMIN/MINERAL REGIMENS:

It is important to remember not all vitamins and minerals have all the same nutrients in them!

Check with the pharmacist or dietitian if you change your vitamin regimen
IMPORTANT POINTS TO REMEMBER

• Each option varies with the vitamin/minerals that need to be included to meet core nutritional needs after bariatric surgery.
• Calcium and multiple vitamins with iron need to be separated from each other by at least 2 hours
• Only take 500 to 600 mg of calcium at one time
• Calcium citrate is the preferred form of calcium
• Do not take calcium supplement at the same time as eating a calcium rich food
• Vitamin/mineral supplementation is needed for a life time after having the gastric bypass or sleeve
Routine labs need to be taken in order to insure that your dietary intake and supplements continue to be sufficient to meet your nutritional needs after surgery.
VITAMIN & MINERAL SUPPLEMENTATION

...For good health...

Remember to take your vitamin/minerals supplements daily!

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