

Apply What You Learned: Vitamins & Minerals After Surgery  
(Roux-En-Y Gastric Bypass)

Part A:

1. TRUE or FALSE: **Vitamin/Mineral supplementation is only important during the weight loss phase?**
  - a. True
  - b. False
2. TRUE or FALSE: **Chewable, liquid or powdered vitamin/minerals are recommended for the first 1 - 3 months after surgery?**
  - a. True
  - b. False
3. **Which form of calcium supplement is appropriate for post-surgery supplementation?**
  - a. Calcium Citrate
  - b. Calcium Carbonate
4. **The recommended daily intake of calcium from supplementation and food is:**

|                             |                                  |
|-----------------------------|----------------------------------|
| a. 500 – 1,000 mg per day   | c. 1,500 – 2,000 mg per day      |
| b. 1,200 – 1,500 mg per day | d. Greater than 2,000 mg per day |
5. **What is the recommended daily dose of ProCare Bariatric Multivitamin with 45 mg Iron?**

|                      |                      |
|----------------------|----------------------|
| a. 4 tablets per day | c. 2 tablets per day |
| b. 3 tablets per day | d. 1 tablet per day  |
6. TRUE or FALSE: **If you choose Option 2: CelebrateONE 45 multivitamin for supplementation after bariatric surgery, NO additional vitamin/mineral supplementation will be required?**
  - a. True
  - b. False

Part B:

**List one of the four vitamin/mineral options mentioned in the lesson that will be appropriate for post-surgery.**

*\*Remember, each vitamin/mineral option may differ in the number of supplements and the number of tablets you take.*

Product: \_\_\_\_\_ Dose/Frequency: \_\_\_\_\_

Product: \_\_\_\_\_ Dose/Frequency: \_\_\_\_\_

Product: \_\_\_\_\_ Dose/Frequency: \_\_\_\_\_

Product: \_\_\_\_\_ Dose/Frequency: \_\_\_\_\_