

Apply What You Learned: Vitamins & Minerals After Surgery  
(Sleeve Gastrectomy)

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 18 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 18 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: \_\_\_\_\_