Bariatric Vitamins and Minerals

After surgery

After surgery, you need to take 5 supplements: a multivitamin with iron, vitamin D3, vitamin B12, extra iron, and calcium citrate. You may take the first 4 in a combination vitamin or by themselves (see page 2).

- **Combination Supplement**
  - Complete multivitamin with vitamin D, vitamin B12, and iron
  - Tolerated best if taken with food

**Brand Examples**

- **ProCare Health**
  - Bariatric with 45 mg Iron
  - Capsule or chewable: Take 1 a day

- **Celebrate Multi-Complete 45**
  - Capsule: Take 3 a day
  - Chewable: Take 2 a day

- **Bariatric Advantage**
  - Ultra Multi with Iron
  - Capsule: Take 3 a day

- **Bariatric Advantage**
  - Advanced Multi EA
  - Chewable: Take 2 a day

- **Calcium Citrate**
  - Take 500 mg 2 times a day (1,000 mg total): Check label for how many you need to take to provide 500 mg
  - Must say “Calcium Citrate” on the front label (may include vitamin D, magnesium, and zinc)
  - Take with food
  - Allow 2 hours between taking calcium citrate and taking iron, multivitamin, or another dose of calcium citrate

**Brand Examples**

- **KAL**
  - Calcium Citrate Chewy Bite 500mg 50 Count

- **Bariatric Advantage**
  - Calcium Citrate Magnesium and Zinc

- **Celebrate**
  - Calcium Citrate SoftChews

- **Kirkland**
  - Calcium Citrate Chewable
If You Take All 5 Vitamins Separately

- **Complete Multivitamin with 18 mg Iron**
  - Take 1 a day
  - Take with food in the morning
  - Allow 2 hours between taking multivitamin and taking calcium or protein shake
  - Consider "Nature Made Multi-Complete" tablet, or “Kirkland Daily Multi”
  - Avoid multivitamins in the form of a patch, gummy, liquid, soft gel, rectal, or chewable (unless listed on this page)
    - They are usually missing minerals
    - Effectiveness may not be proven
    - Ask your WLMC dietitian first

- **Vitamin D₃**
  - Take **4,000 IU (100 mcg) a day** from all sources, or more if prescribed by your PCP
  - Should be a softgel

- **Vitamin B₁₂**
  - Take **500 mcg or more a day**
  - Can be taken as chewable, liquid, sublingual, or a monthly injection

- **Iron**
  - Take **at least 45 mg** from all sources each day
  - Allow 2 hours between taking iron and taking calcium or protein shake
  - Take in the morning with multivitamin, vitamin D, and vitamin B₁₂
  - Ferrous fumarate, glycinate, or gluconate are less constipating
  - May be labeled as “Gentle Iron”

- **Calcium Citrate**
  - Take **500 mg 2 times a day** (1,000 mg total)
  - See page 1 for full instructions and brand suggestions

Bring ALL vitamins to your next clinic visit.

All brands listed in this handout are recommendations.