

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



**Bariatric
Advantage**



Celebrate



Kirkland

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.