

## Bariatric Vitamins Recommended Brands & Daily Requirements

**You need to take these vitamins DAILY and for the REST OF YOUR LIFE.**

<b>Gastric Bypass (RNY) &amp; Sleeve Gastrectomy</b>	
<b>Vitamins &amp; Supplements</b>	<b>Servings per Day*</b>
<b>Bariatric formulated</b> multivitamin-mineral with <i>18 - 60 mg iron and 500 mcg Vitamin B12</i>	1 serving
Vitamin B complex (with 50 mg thiamin)	1 serving
Calcium <u>Citrate</u> with Vitamin D3 (total 1200 - 1500 mg daily)	2 servings of 600 mg per serving 3 servings of 400 or 500 mg per serving
Probiotic	1 serving
<b>*Serving sizes vary with different brands, READ THE LABEL</b>	

Source of recommendations: American Society of Metabolic & Bariatric Surgery

**Choose a vitamin/supplement from each chart of the recommended brands on the following pages.**



## Bariatric formulated Multivitamin with iron & Vitamin B12: 1 serving daily



Brand	Name	Serving size	Vitamin B12 (mcg)	Iron (mg)	Vitamin D3 (IU)	Average cost/month
Bariatric Advantage	Advanced EA Multivitamin	2 chewable tablets	1000	45	3000	30*
Bariatric Advantage	Ultra-Multivitamin with Iron	3 capsules	1000	45	3000	17*
Celebrate	Multi-Complete 36	2 chewable or 3 capsules	1000	36	3000	20
Celebrate	Multi-Complete 45	2 chewable or 3 capsules	1000	45	3000	23
Celebrate	Multi-Complete 60	2 chewable or 3 capsules	500	60	3000	24
Opurity	Bypass & Sleeve Optimized – Chewable	1 chewable tablet	500	18	3000	10
Opurity	Complete Optimized Multivitamin-multimineral	2 capsules	500	18	3000	10
ProCare Health	Bariatric Multi-Vitamin with 45 mg Iron	1 chewable tablet	1000	45	3000	15
ProCare Health	Bariatric Multi-Vitamin with 45 mg Iron	1 capsule	1000	45	3000	15
ProCare Health	Bariatric Multi-Vitamin with 18 mg Iron	1 capsule	1000	18	3000	20

\*with the Bariatric Advantage discount (promo code "Kaiser")



**All recommended brands contain the required Vitamin B12 (500 - 1000 mcg) and iron (18 - 60 mg).**

### Choosing a multivitamin with iron:

- 18 mg a day (minimum) or
- 45 - 60 mg a day for females with menses & patients with history of anemia

**Separate the multivitamin with iron from calcium citrate by 2+ hours for maximum absorption.**

**NO GUMMIE VITAMINS OF ANY KIND AFTER SURGERY!**

## Why you need a bariatric formulated multivitamin:

- Standard over the counter (OTC) vitamin brands are formulated to meet the nutritional needs of the general population.
- As a bariatric patient, your body requires a much higher level of 13 micronutrients that OTC brands will not meet; even if you take extra servings.

**For example:**

Micronutrient	Micronutrient Levels in standard OTC Brands	<b>Minimum Micronutrient Levels Needed after Bariatric Surgery</b>
Vitamin A	1500 IU	<b>5,000 - 10,000 IU</b>
Iron	8 mg	<b>18 - 60 mg</b>

- Bariatric vitamins and supplements allow your body to function at its full potential and help you avoid malnutrition and vitamin deficiency.
- Not all bariatric brands meet all micronutrient requirements. Choose from the brands recommended on chart on the next page.
- Calcium citrate, Vitamin B complex and probiotics do not need to be a bariatric brand; though they are often better tasting and are higher quality products.



## Vitamin B Complex (with 50 mg thiamin): 1 serving daily\*\*

Brand	Name	Serving size	Thiamin (mg)	Average cost/month
Bariatric Advantage	Vitamin B-50 Complex	<b>2 capsules</b>	50	7*
Celebrate	Vitamin B-50 Complex	<b>1 capsule</b>	50	4
Kirkland	Super B-Complex with Electrolytes	<b>1 tablet</b>	100	2
Now	Vitamin B-100	<b>1 capsule</b>	100	4
Source Naturals	Vitamin B-50 Complex	<b>1 tablet</b>	50	4
Twin Lab	Stress B-Complex Capsules with Vitamin C	<b>2 capsules</b>	50	5

\*with the Bariatric Advantage discount (promo code "Kaiser")

**\*\*Note: your lab values will be high when taking this amount of B vitamins.**

**We expect this high lab value; taking the B complex helps prevent a deficiency.**



**Calcium Citrate with Vitamin D3: 2 - 3 servings daily; for a total of 1200 - 1500 mg daily**



Brand	Name	Serving size	Spacing	Calcium citrate (mg)	Vitamin D (IU)	Average cost/month
Bariatric Advantage	Calcium Citrate Chewy Bites	1 chewy bite	1 chewy bite, 3x/day	500	500	26*
Blue Bonnet	Liquid Calcium Magnesium Citrate + Vitamin D3	1 Tbsp.	1 Tbsp., 2x/day	600	400	25
Celebrate	Calcium Plus 500	1 chewable tablet	1 tablet, 3x/day	500	333	22
Citracal	Maximum Plus Calcium Citrate + D3	2 caplets	2 caplets, 2x/day	630	500	18
Kirkland	Calcium citrate with Vit D	2 tablets	2 tablets, 3x/day	500	800	9
Nova Nutrition	Calcium Citrate w with D3	2 tablets	2 tablets 2x/day	700	400	7
Opurity	Calcium-Citrate Plus-Chewable	4 tablets	2 tablets 2x/day	1200	800	14
Pro Care Health	UpCal D Powdered Calcium Citrate	1 scoop or packet	1 scoop or packet, 3x/day	500	500	18

\*with the Bariatric Advantage discount (promo code "Kaiser")

**Remember: separate the multivitamin with iron from calcium citrate by 2+ hours for maximum absorptions.**

**Probiotics: 1 serving daily**



Brand	Name	Serving Size	Average cost/month
Bariatric Advantage	Chewable Floravantage Probiotic	2 chewable tablets	29*
Celebrate	Balance Probiotic	1 capsule	28
Garden of Life	Primal Defense ULTRA Ultimate Probiotic Formula	1 capsule	10
Klaire Labs	Ther-Biotic complete	1 capsule	21
Mega Foods	Mega Flora	1 capsule	15
Nature Made	Digestive Probiotics Advanced	2 capsules	21
Nutrition Now PB8	Immune support probiotic	1 capsule	9
Renew Life	Ultimate Flora Extra Care Probiotic	1 capsule	21

\*with the Bariatric Advantage discount (promo code "Kaiser")

## Examples of Vitamin Schedule

Time	Example 1 First 2 months post op	Example 2 2 - 3+ months post op	Example 3 <i>If extra iron is needed</i>
7:00 am (breakfast)	Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)	Bariatric Multivitamin (1 capsule) B-complex (1 capsule) Probiotic (1 capsule)	Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)
10:00 am	Bariatric Multivitamin (2 chewable tablets)		Bariatric Multivitamin (1 capsule) B-complex (1 capsule) Probiotic (1 capsule)
12:00 pm (lunch)	Calcium citrate w/Vit D3 (1 chewy bite - 500 mg) B-complex (1 capsule) Probiotic (2 chewable tablets)	Calcium citrate w/Vit D3 (2 caplets - 630 mg)	Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)
3:00 pm			Iron with Vitamin C (1 capsule)
6:00 pm (dinner)	Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)	Calcium citrate w/Vit D3 (2 caplets - 630 mg)	Calcium citrate w/Vit D3 (1 chewy bite - 500 mg)

**As a rule, taking vitamins with food will increase absorbability & decrease stomach upset and nausea.**



## Where to Purchase Recommended Vitamins

<p><b>Multivitamin-Multimineral with Iron</b></p> <p><a href="https://www.bariatricadvantage.com/">https://www.bariatricadvantage.com/</a>  <a href="https://www.celebratevitamins.com">https://www.celebratevitamins.com</a>  <a href="https://procarenow.com/">https://procarenow.com/</a>  <a href="https://www.unjury.com/">https://www.unjury.com/</a></p> <p>Amazon                  Bellevue Kaiser pharmacy (Bariatric Advantage &amp; Celebrate)</p>	<p><b>Calcium citrate with Vitamin D3</b></p> <p><a href="https://www.bariatricadvantage.com/">https://www.bariatricadvantage.com/</a>  <a href="https://www.celebratevitamins.com">https://www.celebratevitamins.com</a>  <a href="https://procarenow.com/">https://procarenow.com/</a>  <a href="https://www.unjury.com/">https://www.unjury.com/</a></p> <p>Amazon                  Walgreens                  Bellevue Kaiser pharmacy (Bariatric Advantage &amp; Celebrate)</p>
<p><b>Vitamin B Complex</b></p> <p><a href="https://www.bariatricadvantage.com/">https://www.bariatricadvantage.com/</a>  <a href="https://www.celebratevitamins.com">https://www.celebratevitamins.com</a></p> <p>The Vitamin Shoppe                  Walgreens                  Rite Aid                  Amazon</p>	<p><b>Probiotics</b></p> <p><a href="https://www.bariatricadvantage.com/">https://www.bariatricadvantage.com/</a>  <a href="https://www.celebratevitamins.com">https://www.celebratevitamins.com</a></p> <p>The Vitamin Shoppe                  Walmart                  Amazon</p>

**NOTE: Bariatric Advantage** has a special offer for Kaiser patients.

- Receive Kaiser member pricing of roughly 20% discount & free shipping with validation code: KAISER.
- Enter validation code on the left side of the page before you start to shop to ensure you receive the special offer.
- Visit: [BariatricAdvantage.com](http://BariatricAdvantage.com) or call 1.800.898.6888



### **Bariatric Multivitamin Brands NOT recommended: these brands do not meet your nutritional requirements**

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|---|---|
| <ul style="list-style-type: none"> <li>• Bariatric Choice® All-In-One Multi-Vitamin</li> <li>• Bariatric Food Expert Multi-Vitamin Gummies</li> <li>• Bariatric Fusion</li> </ul> | <ul style="list-style-type: none"> <li>• BariMelts</li> <li>• My Bariatric Vitamins</li> <li>• Wellesse Liquid Multivitamin</li> <li>• WonderSlim Multi-Vitamin</li> <li>• Tespo</li> </ul> |
|---|---|

### **Calcium Brands NOT recommended: they are calcium carbonate**

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|--|--|
| <ul style="list-style-type: none"> <li>• Caltrate®</li> <li>• Viactiv®</li> <li>• Tums®</li> <li>• OsCal®</li> </ul> | <ul style="list-style-type: none"> <li>• calcium triphosphate</li> <li>• oyster shell</li> <li>• bone mea</li> </ul> |
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