

Gastric Bypass Surgery Multivitamin and Mineral Supplements

TAKEN EVERYDAY for LIFE. Choose Option 1 *or* Option 2

OPTION 1:

1. 4 OPTISOURCE™ or Bariatric Fusion- both are a bariatric chewable vitamin and mineral supplement. Take 1 chewable tablet 4 times a day with food.
2. 1 Vitamin B1 (thiamin) Take one 100 mg tablet each day by pill with food

OPTION 2:

Schedule for taking Option 2:

1. Multivitamin and Mineral supplement (one chewable everyday). A.M.
2. Vitamin B 12 (500 microgram pill daily or 1000 mcg sublingual twice a week). A.M.
3. Vitamin B 1 (Thiamin 100 mg daily) A.M.
4. Calcium (chewable or liquid) see #4 for amount. Take half in Mid-morning and half Mid-afternoon
5. Iron See #5 for amount. Take with Vitamin C. To lessen stomach upset take in P.M.
6. Vitamin C 500 mg chewable taken with the iron pill to help with absorption. P.M.

1. Multivitamin and Mineral Supplement - take with food.
1 Chewable Adult Centrum or 1 Children's Flintstones Complete Generic brands are okay.
2. Vitamin B-12 -Important for blood cell formation, metabolism of fat and nervous tissue
500-microgram pill each day or 1000 mcg B12 sublingual tablet twice a week
3. Vitamin B-1 (Thiamin) Important for nerve function and carbohydrate metabolism
100 milligram by pill each day - take with food
Do not stop this pill if you have nausea or vomiting a thiamin deficiency can occur.
4. Calcium
Pre-menopausal women and men: 1,000 - 1,200 mg calcium each day
Post-menopausal: 1,500 mg calcium each day
Divide doses - take half mid-morning and half-mid afternoon for better absorption.
Do not take with iron.
Choose Calcium Citrate with Vitamin D (best choice) or Calcium Carbonate with Vitamin D in a chewable or liquid form. Tablets may be crushed, broken, or dissolved in a liquid.
5. Iron 30 mg elemental iron every day for men and non-menstruating women
50 - 65 mg elemental iron daily for menstruating females or for persons with anemia
Look for a brand with ferrous fumarate or ferrous gluconate listed as the iron source. These are better absorbed in Gastric By-Pass patients. Avoid Ferrous sulfate type of iron due to decreased absorption from the lack of stomach acid in the pouch.
Do not take iron within 2 hours of calcium supplements. Calcium decrease iron absorption.
6. Vitamin C - Chewable 500 mg taken with each iron supplement

Contact the office at (319) 268-3990 if you cannot tolerate any of these vitamin or mineral supplements.



**Midwest Institute of Advanced
Laparoscopic Surgery™**
Wheaton Franciscan Healthcare

Gastric Bypass and Gastric Band Multivitamin and Mineral Supplements

Gastric Band Multivitamin and Mineral Supplement

Take everyday for life:

1. **Multivitamin and Mineral Supplement** - take with food
1 Chewable Adult Centrum or 1 Children's Flintstones Complete or
Generic brands are okay.
Additional vitamins and minerals will be recommended based on your lab results.

Optional for either type of Weight Loss Surgery:

Zinc (10 to 20 mg per day) Thought to promote hair growth. Participates in synthesis and stabilization of proteins.

Stool Softener (colace or generic docusate sodium) one to two capsules each day or every other day or every third day to manage constipation. Be sure to purchase stool softener without laxative additive. May take with iron dose.

Where to buy the Gastric Band and Gastric Bypass Chewable Vitamin & Mineral Supplements:

NOTE: All multivitamin and mineral supplements, needed for life, can be purchased over-the-counter at most local pharmacies.

OPTISOURCE Chewable Vitamin and Mineral Supplement

Citrus Flavored 120 tablets per bottle a one months supply
Recommended dose - 4 tablets each day plus one Vitamin B1 (thiamin)
Covenant Home Medical, 226 Blue Bell Road, Cedar Falls, IA Phone: 319-575-5615
Retail Pharmacy at Covenant Medical Center 2710 St. Francis Drive, Waterloo, IA 319 272-5700
Greenwood Drug Inc., 224 Byron Ave., Waterloo, IA phone: 319-234-1580
Mail Order from:
<http://www.NestleNutritionStore.com> or call 1-800-422-2752 Free Standard Shipping

Bariatric Fusion Complete Chewable Vitamin and Mineral Supplement

Orange Cream or Mixed Berry Flavored 120 tablets per bottle a one months supply
Recommended dose - 4 tablets daily plus one Vitamin B1 (thiamin)
Online ordering only-
<http://www.bariatricfusion.com/products.html> Plus Shipping and Handling

- Try asking your local pharmacy if they can order these Bariatric Vitamin and Mineral supplements for you.



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