

Gastric Bypass Surgery Multivitamin and Mineral Supplements

TAKEN EVERYDAY for LIFE

OPTION ONE – OPTISOURCE™ or BARIATRIC FUSION:

1. **OPTISOURCE™ or Bariatric Fusion** - Take 1 chewable tablet 4 times a day with food.
2. **Vitamin B1** (thiamin) Take 1 **50 mg** tablet with food daily. Important for nerve function and digestion. **Do not stop taking Vitamin B1 if you have nausea or vomiting, as a deficiency can occur.**
3. **Vitamin D3**- Take **1,000 IU** daily.
4. **Calcium** – All women take an extra 500 mg of chewable Calcium Citrate with Vitamin D.
Only use Citracal Creamy Bites or Citracal Petites
Do not take with iron. Calcium carbonate is not absorbed as efficiently as calcium citrate so no Caltrate or Tums.
5. **Iron** – For menstruating women or persons with anemia - take an additional **30 mg elemental iron daily**. Look for a chewable brand containing **ferrous fumarate or ferrous gluconate** listed as the iron source. These are better absorbed. Avoid ferrous sulfate due to decreased absorption and stomach distress. The Bariatric Fusion Chewable Iron Supplement does not require additional Vitamin C.
Do not take iron within 2 hours of calcium supplements. Calcium decrease iron absorption.
6. **Vitamin C** – Take 1 - **250mg** chewable children's with the iron supplement to increase absorption.

OPTION TWO – BARIATRIC ADVANTAGE Brand:

1. **Bariatric Advantage Chewable Multi-Formula** - Take 1 chewable tablet 2 times a day with food.
Only use the Mixed Berry, French Vanilla, or Orange flavors. Not the Capsules in Tropical or Mint flavors this formula is for duodenal switch surgery.
2. **Bariatric Advantage B-50 Complex** – Takes 3 per day. This provides the additional **Vitamin B1** (thiamin) and **Vitamin B12** needed. Important for your nerve function and digestion. **Do not stop taking if you have nausea or vomiting, as a deficiency can occur.**
Alternative for B-50 Complex - Take 1 **Sublingual B-12** (1000mcg) and 1 **Vitamin B-1** (100mg)
3. **Bariatric Advantage Calcium Citrate Lozenges – Men** - Take 2 a day **Women** – Take 3 a day
Alternative – Bariatric Advantage Chewy Bites – Men – Take 4 a day **Women** – Take 5 a day
Do not take iron within 2 hours of calcium supplements. Calcium decrease iron absorption.
4. **Bariatric Advantage Chewable Iron** – EVERYONE NEEDS IRON with this brand.
Men and post-menopausal women- Take 1- **29 or 30 mg** tablet a day
Menstruating women or persons with anemia – Take 1 **60 mg** tablet or 2 **29 or 30 mg** tablets
Do not take iron within 2 hours of calcium supplements. Calcium decrease iron absorption.

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

OPTISOURCE Chewable Vitamin and Mineral Supplement – 120- tablets per bottle

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

Order online: <http://www.NestleNutritionStore.com> or call 1-800-422-2752 <http://www.walgreens.com> 1-800-828-4194 <http://www.cvs.com> 1-888-607-4287

Bariatric Fusion Complete Chewable Vitamin and Mineral Supplement – 120 tablets per bottle

Bariatric Fusion Chewable Iron – 90 tablets per bottle

Order online: <http://www.bariatricfusion.com/products.html>

Bariatric Advantage - Order online: <http://www.bariatricadvantage.com> 1-800-898-6888

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

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

Pills should be in liquid form, crushed, broken, or no larger in size than a pencil eraser. Talk to your pharmacist to confirm that your specific medications can safely be crushed or broken.



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

Gastric Bypass and Gastric Band Multivitamin and Mineral Supplements

Gastric Band Multi Vitamin and Mineral Supplements

TAKEN EVERYDAY for LIFE

OPTION ONE – Centrum® Chewable Multivitamin and Mineral Supplement

1. Take 1 Centrum® chewable tablet daily with food in am.
2. **Vitamin B1** (thiamin) Take 1 **50 mg** tablet with food in am. Important for nerve function and digestion. **Do not stop taking Vitamin B1 if you have nausea or vomiting, as a deficiency can occur.**
3. **Vitamin D3-** Take **1,000 IU** daily at noon.
4. **Calcium** – All women take an extra 1500 mg of chewable Calcium Citrate with Vitamin D at noon. All men take an extra 1000 mg of chewable Calcium Citrate with Vitamin D at noon. Only use Citracal Creamy Bites or Citracal Petites. Do not take with iron. Calcium carbonate is not absorbed as efficiently as calcium citrate so no Caltrate or Tums.
5. **Iron** – For menstruating women or persons with anemia - take an additional **30 mg elemental Iron** daily in pm. Look for a chewable brand containing **ferrous fumarate or ferrous gluconate** listed as the iron source. These are better absorbed. Avoid ferrous sulfate due to decreased absorption and stomach distress. Do not take iron within 2 hours of calcium supplements. Calcium decrease iron absorption.
6. **Vitamin C** – Take 1 - **250mg** chewable children's with the iron supplement to increase absorption.

OPTION TWO – BARIATRIC ADVANTAGE Brand:

1. **Bariatric Advantage Chewable Vitaband** - Take **2** chewable tablets daily with food with am and pm meal.
2. **Bariatric Advantage Calcium Citrate Lozenges – Men** - Take 1 a day at noon. **Women** – Take 2 a day at noon.
Alternative – Bariatric Advantage Chewy Bites – Men – Take 2 a day at noon. **Women** – Take 4 a day at noon.
Do not take iron within 2 hours of calcium supplements. Calcium decrease iron absorption.
5. **Bariatric Advantage Chewable Iron**
Menstruating women or persons with anemia – Take 1 **29 or 30 mg** tablets in pm.
Do not take iron within 2 hours of calcium supplements. Calcium decrease iron absorption.

Gastric Sleeve Multi Vitamin and Mineral Supplements

TAKEN EVERYDAY for LIFE

OPTION ONE – Centrum® Chewable Multivitamin and Mineral Supplement

1. Take 1 Centrum® chewable tablet daily with food in am.
2. **Vitamin B1** (thiamin) Take 1 **50 mg** tablet with food in am. Important for nerve function and digestion. **Do not stop taking Vitamin B1 if you have nausea or vomiting, as a deficiency can occur.**
3. **B-12** – Take 1 **500 mcg** tablet daily in am.
4. **Vitamin D3-** Take **1,000 IU** daily at noon.
5. **Calcium** – All women take an extra 1500 mg of chewable Calcium Citrate with Vitamin D at noon. All men take an extra 1000 mg of chewable Calcium Citrate with Vitamin D at noon. Only use Citracal Creamy Bites or Citracal Petites. Do not take with iron. Calcium carbonate is not absorbed as efficiently as calcium citrate so no Caltrate or Tums.
6. **Iron** – For menstruating women or persons with anemia - Take an additional **30 mg elemental Iron** daily in pm. Look for a chewable brand containing **ferrous fumarate or ferrous gluconate** listed as the iron source. These are better absorbed. Avoid ferrous sulfate due to decreased absorption and stomach distress. Do not take iron within 2 hours of calcium supplements. Calcium decrease iron absorption.
7. **Vitamin C** – Take 1 - **250mg** chewable children's with the iron supplement to increase absorption.

Based on you lab results additional vitamins and minerals may be ordered.



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