

Vitamins and Minerals After Weight Loss Surgery

After weight loss surgery, it's important to know that you'll be supplementing your food and fluids with vitamins and minerals for life. You'll need a multivitamin mineral containing iron and a separate calcium supplement. The types and amounts of supplements you'll take depend on your specific surgery and personal needs. Discuss these with your surgeon or registered dietitian. Refer to the Postsurgical Vitamin/Mineral Guide in your BayCare Nutrition Advancement Guide for Metabolic and Bariatric Surgery.

Recommended Choices

These brands may be a good fit for you and your needs. They meet the American Society for Metabolic and Bariatric Surgery (ASMBS) recommended daily nutrients (*Mechanick et al SOARD. 2020; 16:175-247*). **Note:** These aren't the only supplements available.

■ Opurity | Unjury.com

- Bariatric multi chewable with 45mg iron: One per day
- Bariatric multi capsule with 45mg iron: Two per day
- Calcium-citrate plus chewable with 325mg per tablet: Four per day

■ Bariatric Advantage | BariatricAdvantage.com

- Chewable advanced multi EA with 45mg iron: Two per day
- Ultra Solo multivitamin with 45mg iron: One per day
- Calcium-citrate chewy bites with 500mg: Three per day

■ Celebrate | CelebrateVitamins.com

- CelebrateONE45 (45mg iron) chewable, Tropical Twist: One per day
- CelebrateONE45 (45mg iron) capsule: One per day
- Calcium-citrate soft chew 500mg: Three per day

■ Procure Health | ProcureNow.com

- Bariatric multivitamin chewable with 45mg iron: One per day
- Bariatric multivitamin capsule with 45mg iron: One per day
- UPCAL D powdered calcium-citrate: One scoop or packet (500mg) three times per day

■ Bariatric Fusion | Bariatricfusion.com

- Bariatric calcium-citrate soft chews 500mg: Three per day

Over-the-Counter (OTC) Supplements

If you choose a multivitamin mineral not on the above list, be sure it contains all of the following to meet ASMBS daily dosage guidelines:

- Iron: 18–60mg (menstruating females or those with anemia need at least 45–60mg)
- Vitamin E: 15mg
- B12: 350–1,000mcg
- Vitamin K: 90–120mcg
- Folate (B9): 400–1,000mcg
- Zinc: 8–22mg
- Thiamin (B1): 12–100mg
- Copper: 2mg
- Vitamin D: 3,000 IU
- Vitamin A: 5,000–10,000 IU

Helpful Tips

- It's okay to mix and match between different brands.
- To get the recommended 1,200mg to 1,500mg of calcium citrate per day after surgery, take in divided (500mg) doses each day. The number of divided doses will depend on the brand and formula of calcium you've chosen.
- Make sure that a multivitamin (containing iron) and calcium are taken at least two hours apart from each other to ensure maximum absorption.
- Other calcium citrate options divided (500mg maximum) doses:
 - Wellesse liquid calcium (1,500mg): Three tablespoons per day
 - Bluebonnet liquid calcium (1,200mg) Two tablespoons daily
 - Citracal petites (1,200mg): Two tablets three times per day (six total)

Not Recommended

- Gummy vitamins
- Vitamin patches
- Additional biotin unless there's a deficiency



Patient name: _____

My supplement plan: _____

Multivitamin with Iron: _____

Calcium Citrate: _____

 **BayCare**
Weight Loss Surgery

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