

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.

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 doses each day. The number of divided doses will depend on the brand and formula of calcium you've chosen.
- Ensure that a multivitamin (containing iron) and calcium are taken at least two hours apart from each other to ensure maximum absorption.

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 (Parrott et al. SOARD.2017; 13:727-741).

Note: These aren't the only supplements available.

■ Opurity

Opurity.com

- Bypass/Sleeve Optimized Multi Chewable with Iron: One per day
- Bypass/Sleeve Optimized Multi Capsule with Iron: Two per day
- Calcium Citrate (1,200mg) + Vitamin D: Four chewable tablets per day

■ Bariatric Advantage

BariatricAdvantage.com

- Advanced Multi EA Chewable Tablet with Iron: Two daily
- Calcium Citrate 500mg Chewy Bites: Three daily

■ Celebrate

CelebrateVitamins.com

- Multivitamin Complete 18 with Iron chewable or capsule: 1 daily
- Calcium Citrate Soft Chew 500mg: 3 daily

■ Procare Health

ProcareNow.com

- Bariatric Multivitamin Capsule with 18mg Iron: One daily
- UpCal D Powdered Calcium Citrate (1,500mg): One scoop or packet, three times daily

■ Other calcium citrate options:

- Wellesse Liquid Calcium (1,500mg): Three tablespoons daily – Wellesse.com
- Blue Bonnet Liquid Calcium (1,200mg) Magnesium Citrate Plus: Two tablespoons daily
- Citracal Petites (1,200mg): Two tablets three times per day (six total) – Citracal.com

Over-the-Counter (OTC) Supplements

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

- Iron: 18-60mg
- B12: 350-500mcg
- Folate: 400-1,000mcg
- Thiamin: 12-100mg
- Vitamin D: 3,000 IU
- Vitamin A: 5,000-10,000 IU
- Vitamin E: 15mg
- Vitamin K: 90-120mcg
- Zinc: 8-11mg
- Copper: 1-2mg
- Selenium
- Magnesium
- Additional B vitamins: 100% riboflavin, niacin, pantothenic acid

Gummy vitamins of any type aren't recommended. Additional biotin is also not recommended, unless there's a deficiency.

Patient name: _____

My supplement plan: _____

