

## Supplement Shopping Guide

After having Bariatric surgery you will need to supplement your daily food intake with certain vitamins and minerals in order to help reduce the risk of deficiencies. This is due to do a reduction in your daily calorie intake as well as the potential for decreased nutrient absorption related to the surgery itself.

Shopping for supplements can be very confusing! Be sure to consult with your medical team or Dietitian prior starting anything new. Here are some recommendations to get you started:

### Where do I purchase vitamin and mineral supplements?

- In stores: CVS, Walgreens, Walmart/Target, Grocery stores, GNC etc.
- Online: GNC.com, BariatricAdvantage.com, Celebrate.com

### What should I be taking?

**\*\*All chewable supplements for the first 6 months after surgery\*\***

- Multivitamin with Minerals** - 200% of the Daily Value
  - Should contain at least **18mg of Iron** and **400mcg of folic acid** per vitamin
  - Non-gummy chewables
- Calcium Citrate Plus Vit. D** - 1200-1500mg /day
  - Preferred* form of Calcium for *all surgical procedures* for maximum absorption
  - Take in divided doses as your body can only absorb 500-600mg at one time
- Calcium Carbonate Plus Vit. D** - 1200-1500mg /day
  - For Laparoscopic Gastric Band patients only*
  - Take in divided doses as your body can only absorb 500-600mg at one time
- Vitamin D3** – 1000 units / day
- Sublingual Vitamin B12** – 1000mcg / day
  - “Sublingual” means under the tongue

### For the best absorption, try taking your supplements in this order:

- Breakfast: Multivitamin with mineral (iron, 200% DV) + Sublingual B12 (1000 mcg) + Vitamin D3 (1000 IU)
- Lunch: Calcium Citrate Plus Vit D (500-600 mg)
- Dinner: Calcium Citrate Plus Vit D (500-600mg)