

Vitamins and Supplements

Eating foods rich in nutrients and taking vitamins can help those that had a Bariatric Surgery such as a gastric bypass or sleeve gastrectomy avoid any nutrition-related deficiencies.

We recommend the following vitamins and supplements for our patients, which need to be started at the **PURÉE PHASE (and for life)**:

Vitamin or Supplement	Examples	Tips
1 multivitamin with minerals every day with dinner	Centrum Other adult multivitamin	<ul style="list-style-type: none"> - Opt for the chewable form during the purée phase. - Continue with the chewable form, or take the capsules/tablets once you are having solid foods daily.
600 mg calcium (calcium citrate) with vitamin D twice a day with your snacks	Citrical Nature's Basics Chewable Calcium Generic equivalent	<ul style="list-style-type: none"> - Opt for the chewable form during the purée phase or dissolve calcium citrate in water. - Continue with the chewable form or take the capsules/tablets once you are having solid foods daily. - Take your calcium in individual doses throughout the day. Do not take calcium with your iron supplement or within 1-2 hours of taking any medications since calcium can interfere with their absorption.
1000 mcg B₁₂ sublingually (under the tongue) twice per week or 500 mcg pill (swallow) once a day before breakfast.	Twinlab B₁₂ Dots Dr. Natural No Shot B₁₂ Jameson Sublingual B₁₂ GNC Sublingual B₁₂	
50-66 mg of elemental iron every day with your dinner	Ferrous fumarate (taken with vitamin C 250 mg to improve absorption)	<ul style="list-style-type: none"> - For women who have their menstruation or those who suffer from anemia, or if recommended by your physician. - Opt for the liquid form during the purée phase. - You can continue with the liquid form or take the capsules/tablets once you are having solid foods daily.

For more options please see: <http://www.bariatricadvantage.com/products.htm>