

Vitamin Products – What to take

You will not be able to meet certain vitamin and mineral needs without supplementation. Vitamin and mineral deficiencies have been observed in patients after weight loss surgery. Iron, folate, vitamin B12, calcium, and zinc are most affected after gastric bypass surgery.

Product		
Multivitamin	Soft Chew – 2 per day or Complete Chewable – 4 per day	Chewable – 1 per day or Capsule – 1 per day
Calcium	2 chewable per day <u>only with Soft Chew.</u> None with Complete Chewable	2 chewable per day with either chewable or capsule multivitamin
Iron	1-2 per day <u>only with soft chew</u>	None or only if prescribed

The products listed above are not the only bariatric approved vitamins available. These are the vitamins we have available for sale at our office, and we do recommend them based on quality and completeness. If you have questions about other supplements, or products available over the counter please ask your provider or dietitian.

Cost Comparison:

Bariatric Fusion Soft Chew Plan: \$2.69/day

Bariatric Fusion Complete Chewable Plan: \$.90/day

Celebrate Plan: \$1.23/day

Flintstones with Iron Plan (not nutritionally complete): \$.30/day

Equate Women's One a Day (not nutritionally complete): \$0.05/day