

# Bariatric Surgery Vitamin and Mineral Reference

Disclaimer: these are general guidelines and may need to be adjusted to individual needs.

What	How Much	When	Why	Tips
<b>Multivitamin Multimineral</b> (with copper, folic acid, iron, selenium, Vitamin K, zinc)	1 twice a day	<ul style="list-style-type: none"> <li>Start taking months before surgery <b>during weight loss</b></li> <li>Resume immediately after surgery</li> </ul>	Prevents: <ul style="list-style-type: none"> <li>Fat soluble vitamin and trace element deficiencies</li> </ul> For: <ul style="list-style-type: none"> <li>Visual, clotting, bone marrow, skin problems, poor wound health, muscle and neurological problems, anemia</li> </ul>	<b>Avoid:</b> prenatal, men's, women's, kid's, senior, silver. <b>Good:</b> Any brand labeled "Compare to Centrum for adults under 50." <b>Chews:</b> 2 Optisource twice a day (4 total). Contains calcium citrate (see <i>calcium citrate plus D</i> requirements).
<b>Vitamin B12</b> (cyanocobalamin)	Minimum 3000 mcg a week Suggested dosage: <ul style="list-style-type: none"> <li>5000 mcg x 1 a week</li> <li>2500 mcg x 2 a week</li> <li>1000 mcg x 3 a week</li> <li>500 mcg a day</li> </ul>	<ul style="list-style-type: none"> <li>Start taking months before surgery <b>during weight loss</b></li> <li>Resume immediately after surgery</li> </ul>	Prevents: <ul style="list-style-type: none"> <li>Brain, spinal cord, and nerve damage</li> <li>Anemia</li> <li>Memory problems</li> </ul>	<b>Must take sublingually</b> (under the tongue). Not absorbed <b>well</b> if swallowed.
<b>Vitamin B1</b> (thiamine)	<ul style="list-style-type: none"> <li>100 mg daily or</li> <li>250 mg x 2 a week</li> </ul>	<ul style="list-style-type: none"> <li>Start taking months before surgery <b>during weight loss</b></li> <li>Resume immediately after surgery</li> </ul>	Prevents: <ul style="list-style-type: none"> <li>Brain and nerve damage</li> <li>Heart problems</li> </ul>	<b>Continue even with nausea and vomiting.</b> <b>Deficiency</b> occurs very quickly because of short stores.
<b>Vitamin D</b> (D, D2, or D3)	Minimum 2000 IU a day from Vitamin D supplements for a total of 4000 IU a day from various Vitamin D sources*	<ul style="list-style-type: none"> <li>Start taking months before surgery <b>during weight loss</b></li> <li>Resume immediately after surgery</li> </ul>	Prevents: <ul style="list-style-type: none"> <li>Bone disease (osteoporosis)</li> <li>Muscle and bone pain</li> <li>Fatigue and falls</li> <li>Depression</li> </ul>	* Factor in amounts of Vitamin D from <b>multivitamin</b> and <b>calcium citrate</b> supplements to make a total of 4000 IU a day.
<b>Iron</b> (ferrous fumarate <b>or</b> ferrous gluconate) <b>No</b> ferrous sulfate <b>No</b> slow release	<ul style="list-style-type: none"> <li>60 mg a day for menstruating women</li> <li>60 mg on alternate days for others</li> </ul>	<ul style="list-style-type: none"> <li>Start taking months before surgery <b>during weight loss</b></li> <li>Resume two weeks after surgery or per MD</li> </ul> <p><i>Iron is easiest to take just before bed time.</i></p>	Prevents: <ul style="list-style-type: none"> <li>Fatigue</li> <li>Restless legs syndrome</li> <li>Hair loss</li> </ul>	<b>Absorbs best</b> when taken with Vitamin C (100-500 mg), but not with orange juice. Avoid Vitamin C if you have kidney stones. <b>Not absorbed well</b> when taken with tea, meals, multivitamin, calcium. Take 1 hour <b>before or after</b> . <b>Severe deficiency:</b> Try Ferrimin 150 (www.dialyvite.net 1-866-358-9773)
<b>Calcium citrate plus D</b> <b>No</b> calcium carbonate	1500 mg a day Suggested dosage: 500 mg three times a day with food is best.	<ul style="list-style-type: none"> <li>Start taking months before surgery <b>during weight loss</b></li> <li>Resume two weeks after surgery.</li> </ul>	Prevents: <ul style="list-style-type: none"> <li>Calcium deficiency</li> <li>Bone disease (osteoporosis)</li> <li>Muscle cramps</li> </ul>	<b>Do not</b> take calcium carbonate (Tums/Caltrate/Viactive). It is <b>not</b> absorbed well. <b>Good:</b> Citracal® <b>Chews:</b> Bariatric Advantage <b>Liquid:</b> Wellesse®