

# Supplement Guide

## Post-Gastric Bypass and Sleeve Gastrectomy

You need to take vitamins for the rest of your life to prevent complications such as paralysis, memory loss, brain fog, blindness, bone pain and fractures, skin and hair disease, weakness, fatigue, anemia, and decreased immune system. You need to check your fasting labs every year to make sure your lab levels are optimal, and you are on the correct doses.

Supplement	Recommendations	Special Considerations
<b>Multivitamin with Multiminerals</b> (Must contain Vitamin A, K, Iron, Magnesium Copper, Zinc and Selenium)	<b>1 tablet two times EVERY DAY</b> <b>GOOD:</b> <b>TABLETS:</b> Centrum Adult, Walmart Equate Adult, Walgreens Adult, Kirkland Adult <b>CHEWABLE:</b> ProCare, Celebrate, Bariatric Advantage	<b>AVOID:</b> Prenatal, Kid's vitamins, gummies. These lack minerals: Centrum adult chew (not enough A), Patches (not well absorbed), Tespo (no copper).
<b>Calcium Citrate + Vitamin D</b>	<b>Minimum 1500mg total EVERY DAY</b> <b>GOOD:</b> <b>TABLETS:</b> Citracal Max, Kirkland(Costco) Walgreens, Nature's Blend, Equate <b>LIQUID:</b> Nature's Way, Blue Bonnet, Reviva, <b>CHEWABLE:</b> Bariatric Advantage, Celebrate, GNC, Bariatric fusion, Rainbow light, Bariatric Complete, BariMelts <b>POWDER:</b> Upcal D	<b>AVOID:</b> Calcium Carbonate, (NOT absorbed) Citracal gummies, Viactiv, Oyster shell, Caltrate, Vitafusion. Costco soft chews. <b>TABLETS:</b> Take 6 a day. Watch the SERVING size. <b>LIQUID:</b> 1.5 tblsp twice a day. <b>CHEWS/POWDER:</b> 500mg each dose, take 3 a day.
<b>(alternative option) Combined Multivitamin with Calcium Citrate</b>	<b>2 chews 2 times (4 total) EVERY DAY</b> <b>GOOD:</b> Bariatric Choice, Optisource, Bariatric Fusion,	You must still take additional B12, B1, (vitamin D and iron in some situations)
DAILY TO ONCE A WEEK		
<b>Vitamin B12 UNDER the TONGUE (Cyanocobalamin)</b>	<b>3000-5000 mcg total per week</b> Choose ONE option below <input type="checkbox"/> 500mcg once a day. <input type="checkbox"/> 1000mcg 3 times a week. <input type="checkbox"/> 2500mcg 2 times a week. <input type="checkbox"/> 5000mcg once a week.	Must be taken sublingually (under the tongue). May be labeled as "Sublingual", "Quick dissolve" or "Lozenges".  Will NOT be absorbed if swallowed.
<b>Vitamin B 1 (Thiamine)</b>	<b>250-500 mg total a week</b> Choose ONE option below <input type="checkbox"/> 50 mg daily <input type="checkbox"/> 100mg three times a week <input type="checkbox"/> 250mg (or 300mg) twice a week. <input type="checkbox"/> 500 mg once a week.	<b>AVOID:</b> B Complex. B1 is critical! Continue even if you have vomiting. Deficiency can occur quickly and lead to permanent brain and nerve problems.
<b>Vitamin D or D2 or D3</b>	<b>2000 iu (50mcg) once a day</b> Choose ONE option below <input type="checkbox"/> 2000iu: once a day <input type="checkbox"/> 5000iu(125mcg): three pills(15,000iu) once a week	Should be taken in addition to the Vitamin D in your multivitamin and Calcium Citrate.
<b>Iron (Ferrous Fumarate or Ferrous Gluconate)</b>	Choose ONE option below For most non menstruating people: <input type="checkbox"/> 30mg every day <input type="checkbox"/> 60mg three times a week <input type="checkbox"/> 150mg Ferrimin150 once a week For menstruating women or anemia: <input type="checkbox"/> 60 mg every day <input type="checkbox"/> 150 Ferrimin150 three times a week <input type="checkbox"/> 150 Ferrimin150 daily.	<b>AVOID:</b> Ferrous Sulfate, Ferrous Slow Release. Take 1-2 hours apart from tea, meals, multivitamin, calcium and/or thyroid medication. Take with sugar free Vitamin C 500mg to help with absorption, unless you have a history of kidney stones

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The schedules below are examples of how you might schedule your doses each day or across the week. Some people prefer to take a smaller dose more frequently while others prefer to take a larger dose fewer times. For each supplement, choose one schedule only.

### EVERY DAY

Multivitamin Multimineral  
And separate  
Calcium Citrate + Vitamin D

OR

(alternative option)  
Combined Multivitamin  
Multimineral  
with Calcium Citrate

PICK ONE		Morning	Midday	Evening
<input type="checkbox"/>	Multivitamin and Calcium Tablets	● ○○○		● ○○○
<input type="checkbox"/>	Multivitamin and Calcium 500mg/tablespn liquid	● 1 ½ Tbsp 🥄		● 1 ½ Tbsp 🥄
<input type="checkbox"/>	Multivitamin and Calcium 500mg chew	● ☐	☐	● ☐
<input type="checkbox"/>	Multivitamin and Calcium 500mg powder	● ✳	✳	● ✳
<input type="checkbox"/>	MVI + Calcium Combo	● ●		● ●

### DAILY or WEEKLY

#### Vitamin B12 (Cyanocobalamin)

PICK ONE	B 12	S	M	T	W	Th	F	S
<input type="checkbox"/>	5000 mcg	●						
<input type="checkbox"/>	2500 mcg	●		●				
<input type="checkbox"/>	1000 mcg	●		●		●		
<input type="checkbox"/>	500 mcg	●	●	●	●	●	●	●

#### Vitamin D or D2 or D3

PICK ONE	D3 or D2	S	M	T	W	Th	F	S
<input type="checkbox"/>	5000 IU	● ● ●						
<input type="checkbox"/>	2000 IU	●	●	●	●	●	●	●
<input type="checkbox"/>	1000 IU	● ●	● ●	● ●	● ●	● ●	● ●	● ●

#### Vitamin B 1 (Thiamine)

PICK ONE	B 1	S	S	M	T	W	Th	F
<input type="checkbox"/>	500 mg	●						
<input type="checkbox"/>	250/300 mg	●						●
<input type="checkbox"/>	100 mg	●		●		●		
<input type="checkbox"/>	50 mg	●	●	●	●	●	●	●

#### Iron (Ferrous Fumarate or Gluconate)

PICK ONE	IRON	S	S	M	T	W	Th	F
<input type="checkbox"/>	no periods 30 mg	●	●	●	●	●	●	●
<input type="checkbox"/>	no periods 60 mg	●		●		●		
<input type="checkbox"/>	no periods 150mg Ferrimin	●						
<input type="checkbox"/>	+ periods 60 mg	●	●	●	●	●	●	●
<input type="checkbox"/>	+ periods 150mg ferrimin	●		●		●		
<input type="checkbox"/>	+ periods 150mg ferrimin	●	●	●	●	●	●	●

# Supplement Worksheet: Your Schedule

PICK ONE	EVERYDAY Multivitamin & Calcium
<input type="checkbox"/>	AM: Multi x 1 tab ● PLUS Calcium tabs x 3 ●●● PM: Multi x 1 tab ● PLUS Calcium tabs x 3 ●●●
<input type="checkbox"/>	AM: Multi x 1 tab ● PLUS Cal liquid (750mg = 1 ½ tbspn) PM: Multi x 1 tab ● PLUS Cal liquid (750mg = 1 ½ tbspn)
<input type="checkbox"/>	AM: Multi x 1 tab ● PLUS Cal 500mg chew ■ /powder* Mid: Cal 500mg chew ■ /powder* PM: Multi x 1 tab ● PLUS Cal 500mg chew ■ /powder*
<input type="checkbox"/>	AM: Combo calcium/multi x 2 ●● PM: Combo calcium/multi x 2 ●●

EVERY DAY Multivitamin & Calcium							
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
AM Brkfast							
Mid Lunch							
PM Dinner.							

Vitamin B12 (UNDER the TONGUE) Choose ONE option below.	Take anytime of the day						
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<input type="checkbox"/> 500mcg ●, mark 7 DAYS							
<input type="checkbox"/> 1000mcg ●, mark 3 DAYS							
<input type="checkbox"/> 2500mcg ●, mark 2 DAYS							
<input type="checkbox"/> 5000mcg ●, mark 1 DAY							

Vitamin B 1 (Thiamine) Choose ONE option below.	Take anytime of the day						
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<input type="checkbox"/> 50 mg ●, mark 7 DAYS							
<input type="checkbox"/> 100mg ●, mark 3 DAYS							
<input type="checkbox"/> 250mg or 300mg ●, mark 2 DAYS							
<input type="checkbox"/> 500mg ●, mark 1 DAY							

Vitamin D or D2 or D3 Choose ONE option below.	Take anytime of the day						
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<input type="checkbox"/> 2000iu ●, mark 7 DAYS							
<input type="checkbox"/> 5000iu x 3 ●●● mark 1 DAY							

Iron (Ferrous Fumarate or Ferrous Gluconate or carbonyl iron) Choose ONE option below.	Take APART from others (i.e. bedtime). +Vit C 500mg helps absorption						
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>For most non menstruating people:</b>							
<input type="checkbox"/> 30mg ●, mark 7 DAYS							
<input type="checkbox"/> 60mg ●, mark 3 DAYS							
<input type="checkbox"/> 150mg Ferrimin150mg ●, mark 1 DAY							
<b>For menstruating women or anemia:</b>							
<input type="checkbox"/> 60 mg ●, mark 7 DAYS							
<input type="checkbox"/> 150 Ferrimin150 ●, mark 3 DAYS							
<input type="checkbox"/> 150 Ferrimin150 ●, mark 7 DAYS							