

Vitamin & Mineral Supplements After Gastric Sleeve Surgery

Supplement	Frequency	Dosage	Recommendations
Multivitamin with Iron*	Once per day	<p>Take 1 serving per day, as listed on the Supplement Facts Panel.</p> <p>*Look for multivitamins that contain at least 18mg of Iron per serving.</p> <p><i>If you have difficulty swallowing pills, use a chewable, liquid, or crushed version.</i></p>	<p>May take with food. Take at bedtime if iron causes stomach upset.</p> <p>Examples: Flintstones Complete, One-A-Day Women's, Centrum Adult, Centrum Liquid, CVS brand children's chewable, etc.</p> <p>Avoid: 'gummy' types</p>
Calcium Citrate	<p>2 times per day</p> <p>After surgery, do not restart until the 2 week post-op visit!</p>	<p>A total of 1,000-1,200mg is needed every day.</p> <p>Take 500-600mg (usually 2-3 tablets) of Calcium Citrate two times daily, for a total of 4-6 tablets for the entire day.</p> <p>Most Calcium Citrate supplements also contain Vitamin D - this is okay.</p> <p><i>If you have difficulty swallowing pills, use a chewable, liquid, or crushed version.</i></p>	<p>Calcium blocks the absorption of iron, so do not take with the multivitamin.</p> <p>The body cannot absorb greater than 500-600mg of Calcium at a time, so avoid taking them all at once. For best absorption, separate the Calcium doses by 4 hours.</p> <p>Avoid: Tums, Oscal, Caltrate, Viactiv, 'gummy' types and any calcium carbonate product</p>
Vitamin B12	Once per day	<p>Take one 500 mcg sublingual Vitamin B12 lozenge daily</p> <p style="text-align: center;">OR</p> <p>1 monthly injection of 1,000mcg from your PCP's office.</p>	<p>Lozenge to remain under your tongue until fully dissolved. Do not swallow whole.</p> <p>Commonly labeled as lozenges, dots, melts, dissolvable.</p> <p>Avoid: swallow tablets.</p>
Vitamin D	Once per day	Take one 2,000 international unit tablet daily	<p>Beneficial to take at the same time as Calcium Citrate</p> <p>Commonly found as Vitamin D3</p>

*It is recommended that those at-risk for iron deficiency, such as menstruating women, take a total of 45-60 milligrams of iron daily. A separate iron supplement may be needed. Consult your physician or bariatric team before taking additional iron.

Daily Schedule

Gastric Sleeve	
Breakfast	1 Multivitamin 1 Sublingual Vitamin B12 (500mcg)
AM Snack	
Lunch	Calcium Citrate (2 Tablets=500mg) 1 Vitamin D
PM Snack	
Dinner	Calcium Citrate (2 Tablets)

Reference:

Parrott, Julie et al. American Society for Metabolic and Bariatric Surgery Integrated Health Nutritional Guidelines for the Surgical Weight Loss Patient 2016 Update: Micronutrients. Surgery for Obesity and Related Diseases, Vol 13, Iss 5, pgs 727 - 741, 2017.

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