



Vitamin & Mineral Supplements After Gastric Sleeve

Supplement	Frequency	Dosage	Recommendations
Multivitamin with Iron*	1x/day	Take 1 serving per day, as listed on the Supplement Facts Panel. *Look for multivitamins that contain at least 18mg of Iron per serving. <i>If you experience difficulty with swallowing pills, use a chewable, liquid, or crushed version.</i>	May take with food. Take at bedtime if iron causes stomach upset. Examples: Flintstones Complete, One-A-Day Women's, Centrum Adult, Centrum Liquid, CVS brand children's chewable, etc. <u>Avoid</u> - 'gummy' types
Calcium Citrate	2x/day AFTER SURGERY, DO NOT RESTART UNTIL THE 2 WEEK POST-OP VISIT!	A total of 1,000-1,200mg is needed every day. Take 500-600mg (usually 2-3 tablets) of Calcium Citrate two times daily, for a total of 4-6 tablets for the entire day. Most Calcium Citrate supplements also contain Vitamin D - this is okay. <i>If you experience difficulty with swallowing pills, use a chewable, liquid, or crushed version.</i>	Calcium blocks the absorption of iron, so do not take with the multivitamin. 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. <u>Avoid</u> - Tums, Oscal, Caltrate, Viactiv, 'gummy' types and any calcium carbonate product
Vitamin B12	1x/day	Take one 500 mcg <u>sublingual</u> Vitamin B12 lozenge daily <u>OR</u> 1 monthly injection of 1,000mcg from your PCP's office	Lozenge to remain under your tongue until fully dissolved. Do not swallow whole. Commonly labeled as lozenges, dots, melts, dissolvables. <u>Avoid</u> - swallow tablets. Examples: Nature's Bounty, Twinlab B ₁₂ dots, Dr. Natural No Shot B ₁₂ , GNC sublingual B ₁₂ ,
Vitamin D	1x/day	Take one 2,000 international unit tablet daily	Beneficial to take at the same time as Calcium Citrate Commonly found as Vitamin D3

*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.



Vitamin & Mineral Supplements After Gastric Sleeve - 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