

Vitamin and Mineral Supplements

After Weight-Loss Surgery

You will need to take extra vitamins and minerals **for the rest of your life**. You can buy these vitamins and minerals at your local drug store.

If you have problems finding them or your body cannot handle them, call the nurse line.

Multi-vitamin with minerals

Your complete multi-vitamin with minerals should have **all** of the following:

- at least 18 mg of iron
- at least 400 mcg of folic acid
- at least 2 mg of copper
- at least 1.5 mg of thiamin

Choose one type:

Children's complete chewable multi-vitamin with minerals. Each day, **take twice the adult dose** listed on the label.

OR . . .

Adult complete multi-vitamin with minerals. **Take two tablets each day.**

Note: if you have an adjustable gastric band, take one adult dose each day.

Take them at bedtime, if you wish. Do not take them within two hours of your calcium supplement.

Start with a chewable or liquid form. You may switch to whole tablets when your body can handle them.

Vitamin D

Take an extra 2000 IU (international units) of vitamin D each day. You may take it with your calcium.

Adjustable gastric band: take 3000 IU each day.

Calcium

Take 1200 to 1500 mg of calcium each day.

Adjustable gastric band: take 500 to 600 mg.

Choose a brand that includes **vitamin D**. Calcium citrate is best. If you cannot find this, take calcium carbonate instead.

- If you take calcium carbonate, take it with food.
- Take no more than 500 to 600 mg of calcium at one time. Your body can only take in this amount at once.

Eat three servings of calcium-rich foods daily. Your dietitian will talk to you about these foods.

Vitamin B12

Take 1 tablet of vitamin B12 (1000 mcg) each day. Buy the kind that goes under your tongue.

OR . . .

Take 1 shot (injection) of vitamin B12 (1000 mcg) each month. You will need to see your family doctor for this.

Adjustable gastric band: Do NOT take vitamin B12.

Iron

Take iron if you are a woman who gets her periods, or if your care team asks you to. **Choose one:**

Take 1 tablet of **Vitron C** each day (includes vitamin C to help you absorb the iron).

OR . . .

Take both daily:

- 1 tablet of **ferrous sulfate** (325 mg) **and**
- 1 tablet of **vitamin C chewable** (500 mg).

Avoid drinking a lot of tea. Tea contains tannins, which reduces the amount of iron your body can use.

Sample Schedule for Vitamins and Minerals

Meal	Roux-en-Y Gastric Bypass	Sleeve Gastrectomy	Adjustable Band
<i>Breakfast</i>			
500 to 600 mg calcium that has vitamin D	X	X	X
2000 IU vitamin D	X	X	
3000 IU vitamin D			X
<i>Lunch</i>			
500 to 600 mg calcium that has vitamin D	X	X	
<i>Dinner</i>			
500 to 600 mg calcium that has vitamin D	X	X	
<i>Bedtime</i>			
2 adult multi-vitamins with minerals OR children's multi-vitamins with minerals (twice the adult dose)	X	X	
1 adult multi-vitamin with minerals OR children's multi-vitamin with minerals (the adult dose)			X
1000 mcg vitamin B12 (if taken under the tongue)	X	X	
Vitron C or 325 mg ferrous sulfate with vitamin C (if you are a woman who has her periods)	X	X	X