

# Approved Vitamin & Mineral Supplements

## Multivitamin with Minerals Daily

- **Flintstones™ Complete (includes iron and zinc)**  
Chewable – 2 tablets per day (one in the morning and one in the evening)
- **Centrum® Complete (includes iron and zinc) or One-A-Day® Women's**  
Chewable or pill form – 2 tablets per day (one in the morning and one in the evening) – *Generic brands are also approved as long as they compare to the brands above.*
- **Bariatric Advantage® Chewable Multivitamin**
  - *VitaBand* – 2 tablets per day (one in the morning and one in the evening)
  - *Complete multivitamin* – 2 tablets per day (one in the morning and one in the evening)



Start taking one of the multivitamins after surgery

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## Calcium Citrate 1500-1800 mg per day + Vitamin D 400-800 IU per day

1500-1800 mg for gastric bypass, 1500 mg for gastric band

*Read the nutrition label to make sure you are taking the correct number of tablets to reach 500-600 mg per dose.*

- **Citracal: calcium citrate + Vitamin D**
  - Regular – 2 tablets, 3 times per day
  - Petites – 3 tablets, 3 times per day
- **Bariatric Advantage®: calcium citrate + Vitamin D**
  - **Chewable lozenges** - 400 mg per tablet  
4 tablets per day = 1600 mg daily
  - **Chewy Bites** – 250 mg per chew  
2 chews, 3 times per day = 1500 mg  
6 chews total per day



Start at four weeks after surgery

*Do not take Caltrate®(calcium carbonate) due to poor absorption.*

## B12- Methylcobamin/Folic Acid

### Dosage: 1000 mcg

- **Sublingual (dissolves under your tongue) - Recommended**

- Do not use a liquid B12 form
- At least 3 times per week for prevention
- Every day (if you are a vegetarian or unable to tolerate animal products)

### Other Options as Prescribed by Bariatric Team

- **Intramuscular or Subcutaneous injections**

- Intramuscular more reliable while still obese
- Monthly

- **B-complex Pill**

- LAP-BAND® patients only
- Every day

- **B12 Nasal Spray**

- Prescription only
- Every day or once a week, depending on brand



Start when you get home

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## Iron and Zinc

All women who still have a menstrual cycle are required to take iron in addition to their multivitamin.

- **Bariatric Advantage®** - Ferrous Fumarate 29 mg

- Includes vitamin C

- **Ferrous Citrate** - 29 mg per day

- **Ferrous Gluconate** - 325 mg per day

- Generic or Fergon

*500 mg Vitamin C should be taken with iron supplement to help absorption.*



Start at four weeks after surgery