

Comprehensive Multivitamin Recommendations

These companies have comprehensive vitamins to minimize the number of pills needed per day
You will not need a prescription to purchase vitamins

	Bariatric Advantage www.bariatricadvantage.com <i>Validation code for 15% off:</i> BRYNMAWR	ProCare Health https://procarenow.com/	Celebrate https://celebratevitamins.com/
Vertical Sleeve Roux-en-Y Gastric Bypass	Ultra-Solo with Iron (1 capsule daily) or Advanced Multi EA (2 chewable daily)	Bariatric Multivitamin 45mg Iron (1 chewable or 1 capsule daily) or Multivitamin Special 45 (1 capsule daily)	CelebrateONE 45 (1 chewable or 1 capsule daily) or Multi-Complete 45 (2 chewable or 2 capsules daily)
	Calcium Citrate Chewable 1500mg (take in divided doses 500 mg 3 x per day)	Calcium Citrate Chewable 1500mg (take in divided doses 500 mg 3 x per day)	Calcium Citrate Chewable 1500mg (take in divided doses 500 mg 3 x per day)
Duodenal Switch	Chewable High ADEK Multi with Iron (2 chewable daily)	* This company does not offer a high ADEK supplement. DS patients wishing to use the ProCare, would need to supplement with a different brand's <u>High ADEK</u> , along with: Bariatric Multivitamin 45mg Iron (1 chewable or 1 capsule daily) Calcium Citrate Chewable 2000mg (take in divided doses 500 mg 4 x per day)	Multi ADEK (3 chewable or 4 capsules daily)
	Vitamin B1 (thiamin) 100mg (1 capsule daily)		Iron 45mg (1 tablet daily)
	Calcium Citrate Chewable 2000mg (take in divided doses 500 mg 4 x per day)		Calcium Citrate Chewable 2000mg (take in divided doses 500 mg 4 x per day)
Restrictive Procedures (BAND/ BALLOON)	Multi-RP Chewable (2 chewable daily)	Bariatric Multivitamin 18mg Iron (1 chewable or 1 capsule daily)	CelebrateONE 18 (1 chewable or 1 capsule daily)
	Calcium Citrate Chewable 1500mg (take in divided doses 500 mg 3 x per day)	Calcium Citrate Chewable 1500mg (take in divided doses 500 mg 3 x per day)	Calcium Citrate Chewable 1500mg (take in divided doses 500 mg 3 x per day)

***REMINDER:**

Multivitamins with Iron should be taken separately from Calcium Citrate.
Take at least 2 hours apart, because iron and calcium compete for absorption*

Vitamin and Minerals (Continued)

If you wish to purchase non comprehensive vitamins at a local store, please use this guide to help select the most complete vitamins to help you meet all the recommendations.

****Please Note:** Each vitamin company offers different levels of vitamins & minerals in their products.

Vertical Sleeve/ Roux-en-Y Gastric Bypass	Duodenal Switch	Endobariatrics (Band/Balloon)
<p>Multivitamin (2 over the counter multivitamins per day should provide the following amounts of nutrients daily)</p> <p>Vitamin A 1,500-3,000 mcg/day (5,000-10,000 IU) Vitamin D 75 mcg/day (3,000 IU) Vitamin E 15 mg/day Vitamin K 90-120 mcg/day Thiamin (B1) 50-100 mg/day Folic Acid 400-800 mcg/day Folic Acid (childbearing age): 800-1,000 mcg/day B12 350-1,000 mcg/day Biotin 300 mg/day Zinc 8-22 mg/day Copper 2 mg/day</p>	<p>Multivitamin (2 over the counter multivitamins per day should provide the following amounts of nutrients daily)</p> <p>Vitamin A 3000 mcg/day (10,000 IU) Vitamin D 125 mcg/day (5,000 IU) Vitamin E 15 mg/day Vitamin K 300 mcg/day Thiamin 50-100 mg/day Folic Acid 400-800 mcg/day Folic Acid (childbearing age): 800-1,000 mcg/day B12 1,000 mcg/day Biotin 300 mg/day Zinc 16-22 mg/day Copper 2 mg/day</p>	<p>Multivitamin (2 over the counter multivitamins per day should provide the following amounts of nutrients daily)</p> <p>Vitamin A 1500 mcg/day (5,000 IU) Vitamin D 75 mcg/day (3,000 IU) Vitamin E 15 mg/day Vitamin K 90-120 mcg/day Thiamin 50-100 mg/day Folic Acid 400-800 mcg/day Folic Acid (childbearing age): 800-1,000 mcg/day B12 1,000 mcg/day Biotin 300 mg/day Zinc 8-22 mg/day Copper 1 mg/day</p>
<p>Calcium Citrate Chewable 1500mg (take in divided doses 500 mg 3 x per day)</p>	<p>Calcium Citrate Chewable 2000mg (take in divided doses 500 mg 4 x per day)</p>	<p>Calcium Citrate Chewable 1500mg (take in divided doses 500 mg 3 x per day)</p>
<p>Iron (including iron in mvi) 45-60mg/day</p>	<p>Iron (including iron in mvi) 45-60mg/day</p>	<p>Iron (including iron in mvi) 18 mg/day</p>
<p>**MVI with Iron needs to be taken separately from Calcium Citrate. We recommend 2 hours apart**</p>	<p>Vitamins A, D, E, K *please note the increased ADEK needs above. Standard multivitamins may not provide adequate amounts you may need additional A, D, E, or K pills to meet the increased requirement</p> <p>*MVI with Iron needs to be taken separately from Calcium Citrate. We recommend 2 hours apart**</p>	<p>**MVI with Iron needs to be taken separately from Calcium Citrate. We recommend 2 hours apart**</p>