Vitamin and Mineral Supplementation for Roux-en-Y Gastric Bypass

Multivitamin (MVI) with Minerals:

- Take 1 or 2 MVIs every day for a lifetime. Serving size will depend on individual products. MVI(s) must provide at least 200% RDA for iron (36mg), folic acid (800mcg) and thiamine (3mg) and 2 mg of copper. It is best if MVI also contains selenium and zinc.
- Chewable and liquid vitamins are best absorbed. Suggest vitamins in this form for at least the first 3-6 months if not for a lifetime. If you decide to switch to a pill form after 6 months, soft gels or capsules may be better absorbed than tablets.
- Do NOT take MVI in gummy form. Gummies do NOT have all the vitamins and minerals you need.
- Take with food (except dairy) to help with absorption.

Calcium:

- Choose calcium citrate. Avoid calcium carbonate (Tums®, Viactiv®, OsCal®, Caltrate®), calcium triphosphate, oyster shell, bone meal, etc.
- Take 500-600 mg of calcium three (3) times per day to equal at least 1,500 mg per day. Separate doses by at least 2 hours for maximum absorption. Look at the serving size on the label and adjust your dose to make sure you're getting 500-600 mg of elemental calcium each dose.
- Chewable and liquid vitamins are best absorbed. Suggest vitamins in this form for at least the first 3-6 months if not for a lifetime. If you decide to switch to a pill form after 6 months, soft gels or capsules may be better absorbed than tablets.
- Chewy (NOT Gummy) calcium citrate supplements are acceptable. Do NOT take calcium in gummy form. Gummies are not calcium citrate and are not the best absorbed.
- Must contain Vitamin D.
- Take 2 hours apart from iron supplements or MVI with iron for maximum absorption.
Iron:

- Menstruating women and/or patients with iron deficiency anemia need more iron.
- If MVI contains iron- Take an additional 18-29 mg elemental iron per day. If MVI does not contain iron- Take 60-65 mg elemental iron per day. Total intake should be 54-65 mg elemental iron a day.
- Taking Vitamin C at the same time as iron can increase absorption.
- Chewable and liquid vitamins are best absorbed. Suggest vitamins in this form for at least the first 3-6 months if not for a lifetime. If you decide to switch to a pill form after 6 months, soft gels or capsules may be better absorbed than tablets.

Vitamin D:

- Take 3,000 International Units of Vitamin D₃ per day.
- Chewable and liquid vitamins are best absorbed. Suggest vitamins in this form for at least the first 3-6 months if not for a lifetime. If you decide to switch to a pill form after 6 months, soft gels or capsules may be better absorbed than tablets.
- Vitamin D is best absorbed when you take it with food.

Vitamin B12:

- Take 500 mcg sublingual (under your tongue) tablet or liquid once a day or 1000 mcg sublingual tablet or liquid every other day. OR
- 1000 mcg shot once a month (injections prescribed by your primary care physician).
- 500 mcg nasal spray once a week (available by prescription from your bariatric provider or primary care physician).
Suggested Timing of Supplements

<table>
<thead>
<tr>
<th></th>
<th>Extra Iron</th>
<th>No Extra Iron</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>500-600 mgs Calcium &amp; B12</td>
<td>500-600 mgs Calcium &amp; B12</td>
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<tr>
<td>Snack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>500-600 mgs Calcium</td>
<td>500-600 mgs Calcium</td>
</tr>
<tr>
<td>Snack</td>
<td>500-600 mgs Calcium</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>Multivitamin(s) &amp; Vitamin D</td>
<td>Multivitamin(s) &amp; Vitamin D</td>
</tr>
<tr>
<td>Snack</td>
<td>Iron</td>
<td>500-600 mgs Calcium</td>
</tr>
</tbody>
</table>

*May take vitamin B12 at any time during the day as it does not interact with other vitamins or minerals.

Please bring all vitamins and minerals to your appointment with the dietitian to assure you are taking the appropriate products and serving sizes.