

Daily vitamin and mineral supplements should be taken for a lifetime. Chewable and liquid forms are recommended for at least the first 3-6 months after surgery as they may be better tolerated and better absorbed. Progression to capsules or tablets may be an option and can be discussed with the dietitian.

When it comes to choosing which supplements are right for you, consider:

- *Does it meet recommendations?*
- *How does it taste?*
- *Number of tablets, chews or amount of liquid (i.e. serving size) to reach suggested dose*
- *Price and availability*

Taking a Bariatric Multivitamin can help to minimize the number of supplements you need to take every day.

The following pages outline the recommendations for vitamin and mineral supplementation after bariatric surgery and provide you with a few available options for your convenience. While the list may appear extensive there are many ways to meet your individual needs and if the vitamin and mineral regimen you choose doesn't work for you, please discuss this with your dietitian to find a regimen that does. We are here for you!

Please bring in all vitamin and mineral bottles or pictures of the front and back labels with you when you come for your Outpatient Nutrition appointments. This is the best way for us to help you!

It is important to follow up with the Bariatric Surgery Team regularly. As part of these visits we will check and review your blood work and make adjustments to your vitamin and mineral supplements as needed.

Sample Daily Schedule for Supplements

Breakfast	
Snack	Calcium Citrate (500-600 mg)
Lunch	Calcium Citrate (500-600 mg)
Snack	Calcium Citrate (500-600 mg)
Dinner	<p>Bariatric Multivitamin(s) <i>(with recommended amount of Vitamin D and B12)</i></p> <p><i>OR</i></p> <p>Over the counter Multivitamin(s) & Vitamin D (3,000 IU every day) & Vitamin B12 (350-500 mcg every day or 1,000 mcg every other day)</p>
Snack	<i>Additional Iron if recommended</i>

Multivitamin Recommendations:

- Multivitamin must be complete, containing iron and other trace minerals. Should contain at least:
 - ✓ 200% Daily Value for most contents, specifically iron (36mg), folic acid (800mcg) and thiamin (3mg)
 - ✓ 100% Daily Value for zinc (15mg), copper (2mg) and other nutrients
- Taking a Bariatric Multivitamin may eliminate the need for additional Vitamin D and B12 supplements.
- Bariatric Multivitamins are also available with different amounts of Iron, choose one that meets your individual needs and eliminate the need for a separate Iron supplement as well.
- AVOID GUMMY Multivitamins. Gummies do not have all the vitamins and minerals you need.

Multivitamin Options	Serving Size Per Day	Amount of Iron	Where to Purchase
Chewable			
<i>Bariatric Formulations-</i> Include higher levels of Vitamin D and Vitamin B12. Do not need to take an additional supplement.			
Bariatric Advantage <ul style="list-style-type: none"> • Bariatric Advantage Ultra Solo with Iron 	1	45mg	www.bariatricadvantage.com
Celebrate <ul style="list-style-type: none"> • Celebrate One 45 (<i>formerly called MCR 45</i>) • Celebrate Multi-Complete 60 • Celebrate Multivitamin Soft Chew 	1 2 2	45mg 60mg None	Bayview Pharmacy or www.celebratevitamins.com Bayview Pharmacy or www.celebratevitamins.com www.celebratevitamins.com
OPURITY Bariatric Multi Chewable with 45 mg Iron	1	45mg	www.unjury.com
ProCare Health <ul style="list-style-type: none"> • Bariatric Multivitamin with 45 mg Iron 	1	45mg	www.procarenow.com
<i>Over the Counter (OTC)-</i> Need to take additional Vitamin D and Vitamin B12 with the OTC options.			
Equate Children's Multivitamin Complete	2	36mg	Walmart/On-line
Target brand Kids' Multivitamin Complete	2	36mg	Target/On-line

Calcium Citrate Recommendations:

- Choose Calcium Citrate as this type is better absorbed than other types (i.e. calcium carbonate and gummy tricalcium phosphate).
- Recommended daily dose is 1,200-1,500 mg per day.
- Take in divided doses of 500-600 mg 2-3 times a day. Your body can't absorb more than this at one time.
- Calcium should contain Vitamin D to increase absorption.
- Take at least 2 hours apart from multivitamin with iron and any additional iron supplements to maximize absorption.

Calcium Citrate	Amount of Calcium	Where to Purchase
Chewable/Chewy	Per tablet/chew	
Bariatric Advantage <ul style="list-style-type: none"> • Calcium Chewable • Calcium Chewy Bites 	500mg 500mg	www.bariatricadvantage.com
Celebrate <ul style="list-style-type: none"> • Calcium PLUS 500 Chewable • Calcium Soft Chews 	500mg 500mg	Bayview Pharmacy or www.celebratevitamins.com
Liquid	Per Tbsp	
Lifetime Calcium Magnesium Citrate	600 mg	On-line
Solgar	600mg	Vitamin Shoppe/On-line
Wellesse Liquid Calcium	500mg	www.wellesse.com /Drug Store/Costco/On-line
Powder (add to fluid)	Per 2 scoops	
Bariatric Advantage Powder Mix Calcium	600mg	www.bariatricadvantage.com

Vitamin D Recommendations:

- Take 3,000 International Units (IU) of Vitamin D₃ per day.
- If included in your bariatric brand multivitamin, you do not need to take a separate supplement.
- Vitamin D liquid and soft gels are best absorbed when taken with food. Chewable and quick melts can be taken at any time.

Vitamin D	Amount of Vitamin D	Where to Purchase
Chewable/Chewy	Per tablet/chew	
Bariatric Advantage chewable gel	5,000 International Units	www.bariatricadvantage.com
Celebrate Quick Melt	5,000 International Units	Bayview Pharmacy or www.celebratevitamins.com
Kal	1,000 International Units 2,000 International Units	Vitamin Shoppe/On-line
Nature Made Chewable	1,000 International Units	Drug Store/Costco/On-line
OPURITY Chewable D3	5,000 International Units	www.opurity.com
GNC Chewy D3	1,000 International Units	GNC
Vitamin Shoppe D3 Chews	1,000 International Units	Vitamin Shoppe
Liquid	Per Serving	
Bariatric Advantage	0.5 ml = 5,000 International Units	www.bariatricadvantage.com
Carlson Super Daily	1 drop = 1,000 International Units 1 drop = 2,000 International Units 1 drop = 4,000 International Units	Vitamin Shoppe/On-line
Nature's Answer	1 drop = 2,000 International Units	Walmart/On-line
Wellesse	2 tsp = 1,000 International Units	Drug Store/Costco/On-line

Vitamin B12 Recommendations:

- Take 350-500 mcg per day or 1,000 mcg every other day by mouth in the form of a disintegrating or sublingual (under the tongue) tablet or liquid.
- If included in your bariatric brand multivitamin, you do not need to take a separate supplement.
- Alternate options to discuss with your primary care physician:
 - Injection- 1,000 mcg once a month
 - Nasal Spray- 500 mcg once a week

Vitamin B12	Amount of B12	Where to Purchase
Sublingual	Per tablet	
Bariatric Advantage	1,000 mcg	www.bariatricadvantage.com
Celebrate	1,000 mcg	Bayview Pharmacy or www.celebratevitamins.com
GNC	1,000 mcg	GNC
Nature Made	1,000 mcg	Rite Aid, Walgreens/On-line
OPURITY	1,000 mcg	www.opurity.com
Rexall	500 mcg	Walmart
Twin Lab	500mcg	Vitamin Shoppe/Walgreens/Walmart/On-line
Injection	1,000 mcg/month	Prescription
Nasal	500 mcg/week	Prescription

Iron Recommendations:

- The iron in your multivitamin may be sufficient. Most people need 36 mg per day.
- Menstruating women and/or patients with iron deficiency anemia need more iron.
- Take 45-60 mg per day if you are female and are still menstruating.
 - If your bariatric brand multivitamin contains 45-60 mg of iron, you do not need to take a separate supplement.
 - If you take an over the counter multivitamin, take an additional 18-30 mg iron supplement.
- If you are anemic, discuss current iron supplementation and recent blood work with the dietitian to determine the correct dose.
- Taking Vitamin C at the same time as iron can increase absorption.

Iron	Amount of Elemental Iron	Where to Purchase
Chewable/Chewy	Per tablet/chew	
Bariatric Advantage <ul style="list-style-type: none"> • Iron Chewable • Iron Chewy Bite 	18, 29 & 60 mg 30 mg	www.bariatricadvantage.com
Celebrate <ul style="list-style-type: none"> • Iron+C Chewable • Iron+C Soft Chew 	18, 30, 45 & 60 mg 45, 60 mg	Bayview Pharmacy or www.celebratevitamins.com
Liquid	Per Tbsp	
Ferretts IPS Liquid	40 mg	www.pharmics.com
Wellese Liquid Iron	18 mg	www.wellese.com /Drug Store/Costco/On-line

If you order supplements from Bariatric Advantage on their website, you can use the code "SAVE10" to get 10% off

The information contained on this handout is presented for general information purposes only and is subject to change by third parties. The hospital does not recommend any particular vendor, product or service. Other vendors, products and services may be available from persons not on this list. Nothing contained on this handout should be construed nor is intended to be used for medical diagnosis or treatment. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program.

Visit the Johns Hopkins Center for Bariatric Surgery website for an electronic version of this handout and others.
<https://www.hopkinsmedicine.org/bariatrics/nutrition-resources.html>

**For more information, please contact your Nutrition Department:
 Johns Hopkins Bayview Medical Center Clinical Nutrition Department at 410-550-0311
 Sibley Center for Weight Loss Surgery Outpatient Nutrition at 202-243-2349**

Rev. 2/2021
 Clinical Nutrition