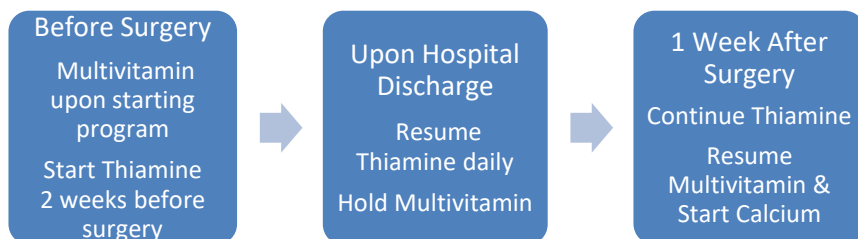


Daily vitamin and mineral supplements should be taken for a lifetime.

Bariatric procedures reduce nutrient intake and can affect digestion and absorption, making it difficult to get all your nutrition through diet alone. Supplements help to prevent deficiencies.



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



- Does it meet recommendations?
- How does it taste?
- Serving size- Number of tablets, chews, etc. to reach suggested dose?
- Price and availability?

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 have all vitamin and mineral bottles or pictures of the front and back labels with you for your nutrition appointment. This is the best way for us to help you!

It is important to follow up with the Bariatric Surgery Team regularly. We will check and review your blood work and adjust your vitamin and mineral supplements as needed.



MULTIVITAMIN RECOMMENDATIONS



Chewable vitamins are recommended for at least the first 3 months after surgery. During this time, they may be better tolerated and absorbed.



Advancing to capsules or tablets may be an option and can be discussed with the dietitian.



Avoid Gummy Multivitamins and Vitamin Patches. They are **NOT** recommended.

Bariatric multivitamins are designed with high doses of vitamins and minerals to reduce the need for multiple supplements. It is important to choose a multivitamin that meets ASMBS guidelines, as not all bariatric multivitamins are the same.

American Society for Metabolic and Bariatric Surgery (ASMBS)

Supplement Recommendations

Multivitamin must be complete and provide 200% Daily Value (DV) for most contents.

Specifically, should contain at least:

- ✓ Vitamin B1 (thiamine): 12 mg daily
- ✓ Vitamin B12: 350-1,000 mcg daily
- ✓ Folic Acid: 800 mcg daily
- ✓ Iron: 45-60 mg daily
- ✓ Vitamin D₃: 75 mcg or 3,000 International Units (IU) daily
- ✓ Vitamin A: 3,000 mcg or 10,000 International Units (IU) daily
- ✓ Vitamin E: 15 mg daily
- ✓ Vitamin K: 300 mcg daily
- ✓ Zinc: 16-22 mg daily
- ✓ Copper: 2 mg daily

Bariatric Multivitamin Options	Where to Purchase
Single Anastomosis Doudeno-ileal bypass with Sleeve (SADI-S) (also called Loop Duodenal Switch)	
Bariatric Advantage (2 daily) • High ADEK Multi with Iron Chewable • High ADEK Multi (No iron) Capsule	https://bariatricadvantage.com Validation code: "SAVE 15" for 15% off
Bariatric Pal (2 daily) • Multi ADEK Bariatric Multivitamin Capsule	https://store.bariatricpal.com
Celebrate (2 daily) • Multi-ADEK (with Iron- 60 mg) Chewable • Multi-ADEK Iron Free Chewable • Multi-ADEK Iron Free Capsule	https://celebratevitamins.com
ProCare Health (1 daily) • DS/ SADI Bariatric Multivitamin with 60 mg Iron -Chewable or Capsule	https://procarenow.com

THIAMINE (VITAMIN B1) RECOMMENDATIONS

Recommended dose is 100 mg thiamine daily

- ❖ Start 2 weeks before surgery.
- ❖ Restart daily thiamine when discharged home after surgery.
- ❖ Continue daily for 6 months after surgery.

Additional Tips:

- ❖ Thiamine can be taken at any time of the day.
- ❖ Thiamine should be taken as a separate supplement, not as part of a B-Complex vitamin.
- ❖ You can purchase thiamine from the same bariatric company you purchase your multivitamin from, a local store, or online.

Thiamine Options	Where to Purchase
Bariatric Advantage	https://www.bariatricadvantage.com Validation code: "SAVE 15" for 15% off
Bariatric Fusion	https://www.bariatricfusion.com
Barilife	https://barilife.com
Celebrate	Bayview Pharmacy or https://celebratevitamins.com
Now	https://store.bariatricpal.com
ProCare Health	https://procarenow.com
Other brands	Drug stores/Grocery stores/Online

CALCIUM CITRATE RECOMMENDATIONS

- ❖ Choose **Calcium Citrate** as this type is better absorbed than other types (i.e. calcium carbonate and tricalcium phosphate in gummies).
- ❖ Recommended daily dose is 1,800-2,400 mg per day.
- ❖ Take in divided doses of 500-600 mg 3-4 times a day. Your body can't absorb more than this at one time.
- ❖ Take at least 2 hours apart from iron (multivitamin with iron or separate iron supplements) to maximize absorption.
- ❖ Start taking 1 week after surgery.

Calcium Citrate	Amount of Calcium	Where to Purchase
Chewable/Chewy	Per tablet/chew	
Bariatric Advantage • Calcium Citrate Chewable • Calcium Citrate Chewy Bites	500 mg 500 mg	https://www.bariatricadvantage.com
Celebrate • Calcium PLUS 500 Chewable • Calcium Citrate Soft Chews	500 mg 500 mg	Bayview Pharmacy or https://celebratevitamins.com
Barilife • BariBursts Calcium Citrate Chews	500 mg	https://barilife.com
Bariatric Pal • Calcium Citrate Chewable Tablets • Calcium Citrate Soft Chews	500 mg 500 mg	https://store.bariatricpal.com
ProCare Health • Calcium Soft Chews	500 mg	https://procarenow.com
Liquid	Per Tablespoon	
Blue Bonnet Liquid Calcium Magnesium Citrate Plus Vitamin D ₃	600 mg	Whole Foods/Sprouts/Online
Solgar Liquid Calcium Magnesium Citrate with Vitamin D ₃	600 mg	Vitamin Shoppe/Online
Wellesse Liquid Calcium & Vitamin D ₃	500 mg	Drug stores/Grocery stores/Online

SUGGESTED DAILY VITAMIN REGIMEN



Breakfast	Calcium Citrate (500-600 mg)
Mid-morning	Calcium Citrate (500-600 mg)
Lunch	Calcium Citrate (500-600 mg)
Afternoon	Calcium Citrate (500-600 mg)
Dinner	Bariatric Multivitamin(s), Thiamine (100 mg)
Bedtime	

TIPS

- ❖ Taking your multivitamin in the evening and/or with food can help to prevent stomach upset.
- ❖ Setting reminder alarms and using pill boxes can help you remember supplements and keep you organized.

The information contained in 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 in this handout should be construed nor is it 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**

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