Vitamin and Mineral Supplementation for Adjustable Gastric Band

Multivitamin (MVI) with Minerals:
- **Take one (1) MVI every day for a lifetime.** MVI must provide 100% RDA for iron (18mg), folic acid (400mcg), thiamine (1.5mg) and copper (2mg). It is best if MVI also contains selenium and zinc.
- **Chewable and liquid forms are the best absorbed. Suggest chewable or liquid for at least the first 3-6 months if not for a lifetime.** If you decide to switch to 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.
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.

### Suggested Timing of Supplements

<table>
<thead>
<tr>
<th>Meal</th>
<th>Supplement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>500-600 mgs Calcium</td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>500-600 mgs Calcium</td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>Multivitamin &amp; Vitamin D</td>
</tr>
<tr>
<td>Snack</td>
<td>500-600 mgs Calcium</td>
</tr>
</tbody>
</table>

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

For more information, please contact the Johns Hopkins Bayview Medical Center's Clinical Nutrition Department at 410-550-1549.
To schedule an outpatient nutrition appointment with a dietitian, call 410-550-7728.