
Vitamin and Mineral Supplements in the Bariatric Program

Liquid and Chewable Supplement Plan

After surgery, your body will not be able to absorb all the vitamins and minerals it needs from the small amounts of food that you eat. Because of this, you are at risk for nutritional deficiencies. To prevent nutritional deficiencies, you must take vitamin and mineral supplements every day for the rest of your life.

This handout is about liquid and chewable supplements. You can follow this plan right after surgery instead of taking pills and tablets. You can also use this plan if you have trouble swallowing pills and tablets.

Here are some helpful hints for taking your supplements and keeping you healthy:

- Take your supplements every day to prevent problems.
- If you forget to take your supplements, try to find a way to remind yourself such as set the alarm on your mobile phone or put a sign on your refrigerator or bulletin board. You could also keep them where you can see them easily such as beside your toothbrush. However keep them away from children.
- If you are having problems taking your supplements, speak to your dietitian.

Supplement Schedule:

Remember that this is only a sample schedule. Certain supplements and medications cannot be taken at the same time. Your pharmacist can review your current medications and can help you to create a schedule that will work for you.

Time	Sample Schedule	My Schedule
Breakfast	<ul style="list-style-type: none"> • Multivitamin • Calcium Citrate 	
Lunch		
Mid-Afternoon	<ul style="list-style-type: none"> • Multivitamin • Calcium Citrate • Vitamin D₃ 	
Dinner		
Evening	<ul style="list-style-type: none"> • Iron (if needed) 	

Multivitamin – 2 chewable multivitamins each day:

Chewable:

- Many chewable multivitamins do not have enough iron for most people
- Do not use 'gummy' or children's multivitamins

Approved brands:

- Centrum Select 50+ Chewable or equivalent
- Bariatric Advantage Multi-Formula Chewable (from St. Joe's Pharmacy)

Calcium Citrate – 1200 mg of calcium taken in 2 or 3 doses during each day:

Chewable: Take 3 doses a day for a total of 1200 mg a day:

- You cannot take calcium at the same time as iron (if you take iron)

Approved brand:

- Bariatric Advantage Chewy Bites (from St. Joe's Pharmacy). You take a total of 5 chews a day but you need to split these into 3 separate times of day such as 2 at breakfast, 2 at lunch and 1 at dinner

Liquid: Take 2 doses a day for a total of 1200 mg a day:

- You cannot take calcium at the same time as your iron (if you take iron)

Approved brands:

- Wellesse (Walmart, Costco) – 20 ml twice a day
- Weber Naturals (Walmart, Shopper's Drug Mart) – 20 ml twice a day
- Life Brand (Shopper's Drug Mart) – 20 ml twice a day

Vitamin D₃ – 1000 IU (in addition to the vitamin D in your calcium supplement):

Liquid:

- Vitamin D drops can be found in almost any pharmacy
- Any brand is acceptable as long as the dose is correct

Chewable:

- Any brand is acceptable as long as the dose is correct

Iron – Your dietitian will tell you if you need to take iron:

If you took iron before surgery you will need to keep taking it after surgery,

You may need to start taking iron after surgery. Do not start taking iron unless you have been told to take iron by a member of your bariatric health care team.

- Iron is usually kept behind the pharmacy counter. You just need to ask the pharmacist for iron.
- You cannot take iron at the same time as your calcium

Approved brands:

- Bariatric Advantage Chewable 29 mg iron (St. Joe's Pharmacy) – 1 chew a day