

BARIATRICS VITAMIN LIST



Recommended Vitamins for After Surgery

Gastric Bypass (RNY) & Sleeve Gastrectomy	
Vitamins & Supplements	Servings per Day*
Bariatric formulated multivitamin (Choose from the brands recommended on next page)	1 serving
Calcium Citrate with Vitamin D3 (spread servings throughout the day)	Total 1200 - 1500 mg 600 mg per serving, 2x/day <i>or</i> 400 or 500 mg per serving, 3x/day
Probiotic (optional)	1 serving
*Serving sizes vary with different brands, READ THE LABEL	

Multivitamins

You will need to take 1 serving of a Bariatric Formulated Multivitamin

Choose a Bariatric Multivitamin with Iron

- 18 mg a day (minimum) or
- 45 - 60 mg a day for females with menses & patients with history of anemia
- **DO NOT PURCHASE ANY GUMMY VITAMINS**

Bariatric Formulated Multivitamin Benefits:

- As a bariatric patient, your body requires a much higher level of 13 micronutrients that OTC brands will not be able to provide, even if you take extra servings.
- Bariatric vitamins and supplements allow your body to function at its full potential and help prevent malnutrition and vitamin deficiency
- Not all bariatric brands meet all micronutrient requirements. Choose from the brands that are recommended in this handout.
- **Standard over the counter (OTC) vitamin brands like Centrum or One-A-Day do not meet the requirements for after surgery.**
- **You WILL NOT find bariatric formulated multivitamins at “box stores” such as Costco, GNC, or Vitamin Shoppe.**

Bariatric Multivitamin Name	Serving Size	Cost *KP discount with Bariatric Advantage
Bariatric Advantage Advanced EA Multivitamin with Iron	2 chewable tablets	*\$30
Bariatric Advantage Ultra Solo with Iron	1 capsule	*\$20
Celebrate Multi-Complete	2 chewables or 3 capsules	\$20-25
Opurity Bypass and Sleeve Optimized Chewable	1 chewable	\$10
Opurity Complete Optimized Multivitamin-Mineral	2 capsules	\$10
Procure Health Bariatric Multivitamin with 45 mg OR 18 mg Iron	1 chewable tablet or 1 capsule	\$15-20
Tespo Bariatric Complete Multivitamin	2 wells	Pods: \$45 Machine: \$149
Bariatric Pal Multivitamin One with 45 mg Iron	1 capsule	\$30

Calcium

You will need to take **1200-1500 mg Calcium Citrate with Vitamin D**
Calcium Citrate may be purchased over the counter.

DO NOT purchase calcium carbonate

You will need to spread 2 to 3 servings of Calcium Citrate throughout the day, depending on the serving size and at least 2 hours apart from your bariatric multivitamin

Calcium Name	Serving Size	# of Servings per day	Cost
Bariatric Advantage Calcium Citrate	1 chewy = 500 mg	3 chewy bites per day	*\$26
Blue Bonnet-Liquid Calcium Magnesium Citrate + D3	1 tablespoon	1 tablespoon 3 times per day	\$25
Citracal Maximum Plus Calcium Citrate + D3	2 caplets	2 caplets 2 times per day	\$18
Kirkland (Costco brand) Calcium Citrate with Vitamin D	2 tablets	2 tablets 3 times per day	\$9
Opurity Calcium Citrate Plus Chewable	4 chewables	2 chewables 2 times per day	\$14
Procure Health UpCal D Powdered Calcium Citrate	1 scoop or packet	1 scoop or 1 pkt 3 times per day	\$18

Probiotics

- **A daily probiotic is optional.** You do not need to take one, however, they provide additional benefits such as: supporting your digestive system to help maintain a well balance of good bacteria in your gut.
- Choose a probiotic that contain living organisms, or you can incorporate foods that are high in probiotics in your diet such as yogurt, kimchi, and sauerkraut
- Most probiotics are safe to take, but discuss with your doctor before incorporating into your vitamin regimen

*KP discount with Bariatric Advantage

Probiotic Name	Serving Size	Cost
Bariatric Advantage Chewable Floravantage Probiotic	2 chewable tablets	*\$29
Celebrate Balance Probiotic	1 capsule	*\$28
Garden of Life Primal Defense Ultra Ultimate Probiotic Formula	1 capsule	\$10
Klaire Labs-Ther Biotic Complete	1 chewable	\$21
Mega Foods-Mega Flora	1 capsule	\$15
Nature Made Digestive Probiotic Advanced	2 capsules	\$21
Renew Life Ultimate Flora Extra Care Probiotic	1 capsule	\$21

Vitamin Schedule

Example of bariatric vitamin schedule. It's ok to take your vitamins with food.

Vitamins	Serving Size per Day	Time to Take Vitamins
Bariatric Advantage Ultra Solo with Iron	1 capsule	7am with probiotic
Bariatric Advantage Calcium Citrate Chewy Bites	3 chewy bites	9am- 1 chewy bite 1pm- 1 chewy bite 5pm- 1 chewy bite
Garden of Life Primal Defense Ultra Ultimate Probiotic Formula	1 capsule	7am with bariatric multivitamin

Resources

DO NOT PURCHASE ANY GUMMY VITAMINS

Bariatric Multivitamins

- <https://www.bariatricadvantage.com/>
- <https://www.celebratevitamins.com>
- <https://procarenow.com/>
- <https://www.unjury.com/>
- Amazon
- Bellevue Kaiser pharmacy (Bariatric Advantage & Celebrate)

Calcium Citrate with Vitamin D3

- <https://www.bariatricadvantage.com/>
- <https://www.celebratevitamins.com>
- <https://procarenow.com/>
- <https://www.unjury.com/>
- Walgreens
- Bellevue Kaiser pharmacy (Bariatric Advantage & Celebrate)

Bariatric Advantage has a special offer for Kaiser members.

- Receive Kaiser member pricing of roughly 20% discount & free shipping with validation code: **KAISER**.
- Enter the validation code at the top of the web page & you will be redirected to the Kaiser store on their website. This step ensures you receive the special offer. BariatricAdvantage.com or call 1.800.898.6888

Bariatric Multivitamins

- Any gummy vitamins
- Bariatric Choice All-In-One Multi-Vitamin
- Bariatric Food Expert Multi-Vitamin Gummies
- Bariatric Fusion
- BariMelts
- My Bariatric Vitamins
- Wellesse Liquid Multivitamins
- WonderSlim Multi-Vitamins
- Bariatric Patches

Calcium Carbonate

- Any gummy vitamins
- Caltrate
- Viactiv
- Tums
- OsCal
- Calcium Triphosphate
- Oyster Shell
- Bone Meal