

Vitamin Supplements

Multivitamin (All Patients)

◆ **Complete Chewable** – Adult or Children’s

◆ **NO Gummies**

◆ **2 a day** – 1 tablet two times each day

◆ **Take 2 hours apart from Calcium**

DS Patients: ensure your multivitamin provides **10,000 IU of Vitamin A** per day



Calcium

- ◆ **Calcium Citrate, *chewable***
- ◆ Must contain **Vitamin D3**
- ◆ 1,500 mg total each day (500mg chews 3x/day)
- ◆ **Do NOT take with Iron**



B12

(Sublingual)

- ◆ **1,000 mcg daily**

Iron

As indicated by bariatric team

B Complex

- ◆ Must contain **50 mg Thiamine (Vitamin B1)**
- ◆ **1 a day**
- ◆ **Crushable or capsule to open**

Papaya Enzyme (optional)

- ◆ May be used if food feels “stuck”
- ◆ Available over the counter

Vitamin D

Ensure you get **at least** 5,000 IU daily from your multivitamin and calcium citrate combined

**Take for the rest
of your life!
NO GUMMY
VITAMINS!!**

Suggested Schedule

A.M.	Multivitamin + B Complex + B12+ iron
Noon	Calcium Citrate (take 2 if only 500 mg)
P.M.	Multivitamin
Bedtime	Calcium Citrate (1 if 500 mg)