



171 Elden ST, STE 3B
Herdon, VA 20170
(703) 709-9771

Postoperative Vitamin & Mineral Recommendations

Congratulations! Below are the recommended supplements we hope you will take for the rest of your life. The recommendations occasionally may change as time goes on after your surgery.

The day you get home from hospital:

Take **two complete multivitamins w/ iron and minerals** daily. You can take both together at the same time. They can be chewable or non-chewable but **NO GUMMY MULTIVITAMINS**. They may not provide all the vitamins/minerals needed after major weight loss.

Check that your multivitamins contain at least 18mg Iron and 400 mcg Folic Acid per pill. Do not take men's, silver, or prenatal vitamins unless directed to specifically.

Adequate chewable multivitamins:

- Flintstones Complete
- Equate Children's Multivitamin Complete

Adequate non-chewable multivitamins:

- Centrum Multivitamin, Nature Made, Puritan's Pride or equivalent
- Bariatric specific brands include Celebrate, Bariatric Advantage, Barimelts, ProHealth

Also take **Vitamin B12** every day.

- Take 500 mcg B12 per day.
- Pills, chewables, gummies, and sublingual versions are all acceptable forms.

Beginning one month after surgery:

Take two daily doses of **Calcium & Vitamin D**: one dose twice per day.

Each dose should contain 500-600 mg of Calcium (for a total of 1000-1200 mg/day) and 500-1000 IU of Vitamin D (total of 1000-2000 IU/day)

- Pills, chewables, and gummies are okay.
- Reliable brands include Citracal™ and Caltrate™.
- It's preferable not to take calcium at the same time as the multivitamins or extra iron supplement. It may impact absorption.

Example Supplement Schedule:

MORNING	AFTERNOON	EVENING
2 multivitamins and 500 mcg B12	500-600 mg calcium plus Vitamin D	500-600 mg calcium plus Vitamin D