Vitamins & Minerals After Surgery

You must take certain vitamins and minerals after surgery for the rest of your life, even if your labs are okay. We recommend using bariatric surgery specific vitamins (it's less pills each day). If you prefer, you can purchase all the vitamins and minerals you need separately (requires taking more pills each day).

Choose one of the following options:

Option



Any bariatric-specific multivitamin that contains 45 mg of iron

Follow the instructions on the bottle for the amount of bariatric multivitamin pills you need to take each day. Take chewable versions for the first several weeks.



Multi EA

Citrate

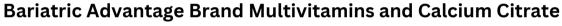
Chewy Bites

Calcium Citrate with Vitamin D:

Begin taking these 3 months after surgery.

Gastric sleeve: Take 1,000 mg daily (500 mg, 2 times per day) Gastric bypass: Take 1,500 mg daily (500 mg, 3 times per day)

Option



Available in KP Pharmacies or order online with a discount.





(Tell them you are a Kaiser Permanente member for discounted pricing.)



Order Online: bariatricadvantage.com (Enter Validation Code: Kaiser)



with Iron

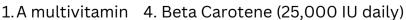
Citrate



Option



Or buy each vitamin and mineral separately (a bariatric specific vitamin contains all of these). You need:



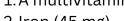
2. Iron (45 mg) 5. Vitamin D3 (4,000-6,000 IU daily)

6. Calcium Citrate with Vitamin D 3. B-complex

> Gastric sleeve: Take 1,000 mg daily (500 mg, 2 times per day) **Gastric bypass:** Take 1,500 mg daily (500 mg, 3 times per day)







4. B12 (500 mcg)

