

# 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

1

### 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.

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#### 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

2

### Bariatric Advantage Brand Multivitamins and Calcium Citrate

Available in KP Pharmacies or order online with a discount.

#### What to Buy

Chewable  
Advanced  
Multi EA



or

Capsule  
Ultra Solo  
with Iron



Calcium  
Citrate  
Chewy Bites



or

Calcium  
Citrate  
Chewable



#### Where to Buy

- Call to Order: 1-800-898-6888  
(Tell them you are a Kaiser Permanente member for discounted pricing.)
- Order Online: [bariatricadvantage.com](https://bariatricadvantage.com) (Enter Validation Code: Kaiser)



#### When to Take

Breakfast		Lunch	Snack (2 Hours After Lunch)	Dinner
Chewable	Capsule		(for gastric bypass only)	
Advanced Multi EA	Ultra Solo with Iron	Calcium Citrate Chewy Bites	Calcium Citrate Chewy Bites	Calcium Citrate Chewy Bites
2 tablets	1 capsule	500mg	500mg	500mg

Option

3

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

1. A multivitamin
2. Iron (45 mg)
3. B-complex
4. B12 (500 mcg)
4. Beta Carotene (25,000 IU daily)
5. Vitamin D3 (4,000-6,000 IU daily)
6. Calcium Citrate with Vitamin D

**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)

Detailed instructions

