

Bariatric Supplements Available at the ART Pharmacy

Ashley River Tower Outpatient Pharmacy
Open Monday through Friday 8:30am to 5:30pm
(843) 876-5585

Supplement	Price	Notes
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Multivitamins

Flinstones (chewable)	\$8.00 per 60ct	
Centrum (chewable)	\$7.00 per 50ct	
Centrum (swallow)	\$13.50 per 130 ct	Ok for GB once on solid food
Generic MVI (swallow)	\$5.00 per 100ct	Ok for GB once on solid food
Tropical Oasis (liquid)	\$29.00 per 32 oz	<i>This is iron free. If you take this MVI, talk to your RD about adding an iron supplement.</i>

Vitamin B12

Rugby vitamin B12 (tablet)	\$3.00 per 100ct	500 mcg/tab
Tropical Oasis (liquid)	\$21.00 per 4 oz.	½ tsp = 500 mcg
Calomist B12 (nasal spray)	\$79.72 W/O INSURANCE	Rx only

Calcium Citrate

Goldline (tablet)	\$5.00 per 100ct	1 tablet = 200 mg elemental Ca 2 tablet 5x/day = 2000 mg
Tropical Oasis (liquid) In orange crème flavor	\$30.00 per 32 oz.	1 Tbsp = 250 mg elemental Ca 2 Tbsp 4x/day = 2000 mg
Rugby (tablet)	\$4.00 per 60 ct	1 tablet = 315 mg 2 tablets 3x/day = 1890 mg
Citracal petite (tablet)	\$2.00 per 100 ct	1 tablet = 200 mg 2 tablets 5x/day = 2000 mg

Iron

Vitron C	\$13.00 per 60ct	200 mg ferrous sulfate (65 mg elemental iron)
Ferro-sequels time released (Iron with stool softener)	\$9.50 per 30ct	50 mg elemental iron

Vitamin D

Vitamin D 400 IU	\$3.50 per 100ct	
Vitamin D 2000 IU gel caps	\$16.00 per 120ct	
Bio-D-Mulsion Forte	\$13.00 per bottle	2000 IU/drop; 750 servings/bottle

Protein powder

Unjury	\$25.00 per can	17 scoops/container; 20 g/scoop In strawberry, vanilla or unflavored; can be ordered in chicken, or chocolate.
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Vitamin & Mineral Supplements: Required FOR LIFE

Your new pouch is too small to absorb all of the nutrition your body requires from food alone. You will need to take these supplements every day for the rest of your life unless you are told otherwise by your medical team.

- **Multivitamin-must contain Iron, Folate, and Vitamins A, D, & E**

When you are on the pureed diet, the vitamins must be chewable (eg: Flintstones Complete, Centrum Chewable). After that, you may continue the chewable vitamins or switch to the type you swallow whole (eg: Centrum). Liquid multivitamins are also available but gummy vitamins are not recommended. Be advised that men's and senior formula vitamins do not contain iron.

For the first 6 months, or until you are established on a well balanced diet, you should take 2 multivitamins a day (eg: one in the morning and one at night). If you are taking a bariatric specific vitamin (eg: Vista Vitamin, Bariatric Advantage, Optisource), be sure to follow the product recommendations for how many pills to take each day.

- **500 mcg of Vitamin B₁₂**

You do not absorb vitamin B₁₂ from the stomach any more and need to take a form that is absorbed in the mouth. You may take this as a liquid or as a pill or dot that dissolves on or under the tongue ("sublingual"). Alternatively, you may get a monthly intramuscular shot from your primary care physician.

- **1500-2000 mg Calcium Citrate with Vitamin D**

There are two types of calcium supplements: calcium carbonate and calcium citrate. After surgery, you will not absorb calcium carbonate (eg: Tums, Viactiv, Caltrate) so your supplement must contain calcium citrate plus vitamin D (eg: Citracal). You only absorb about 500 mg of calcium at a time so you will need to take your calcium at least three times a day (eg: 500 mg at breakfast, lunch and dinner to get in 1500 mg of calcium per day). A high dairy intake does not take the place of calcium supplementation. There are chewable and liquid forms of calcium citrate on the market as well. Be sure to read the supplement label so you know how many pills you need to take to get in 1500 mg a day.

Supplement Facts		
Serving Size: 2 Tablets		
Servings per Container: 30		
Amount per 1 Tablet	% Daily Value	
Calories	0	
Total Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Sugar	0 g	†
Vitamin D3 (as Cholecalciferol)	100 IU	25%
Vitamin K (as Phytonadione)	20 mcg	25%
Calcium (from Calcium Citrate USP, Dutch Cocoa Powder, Action Gum, Natural Hershey's Cocoa Powder, Natural Hershey's Chocolate Flavor)	402 mg	40%
Magnesium (from Magnesium Amino Acid Chelate, Dutch Cocoa Powder)	11 mg	3%
Percent Daily Values are based on a 2,000 calorie diet.		
† % Daily Value not established.		

Read the label carefully. You get 402 mg of calcium from this supplement for every TWO tablets you take. To get in 1500 mg of calcium, you would have to take 7 ½ tablets a day.