

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 Phyttonadione)	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.