

## Bariatric Surgery Vitamin Guidelines

### Gastric Sleeve and Gastric Bypass

1. Bariatric Formulated Multivitamin
2. Iron 36mg daily
3. Vitamin B12 – (Nascobal prescription nasal b12 once weekly, 1000 micrograms sublingual tablet daily under tongue, or 1000 micrograms intramuscular injection once monthly)
4. Vitamin D3- 3000 International Units daily
5. Calcium Citrate (chewable) – 500mg 3 times daily (take 2 hours before or after any iron containing products)

#### Options:

1. Nascobal B12 Nasal Spray and BariActiv Vitamin Kit: This is our preferred option and it will require a prescription from your doctor. This kit includes the following:
  - Nascobal Nasal B12 spray- 1 spray one nostril once weekly
  - BariActiv Dissolvable Multivitamin – take 2 daily
  - Iron 18mg (chewable)- take 2 daily unless otherwise directed your surgeon or dietitian
  - Calcium Citrate 300mg (dissolvable) – dissolve/chew 2 tablets twice daily. Take 2 hours before or after your iron
  - Other: With this program your do not need to add additional vitamin D as you will obtain 3000 units daily between your vitamin and calcium.
2. Bariatric Advantage Vitamins:
  - Bariatric Advantage Advanced Multi EA Chewable tablet- Chew 1 tablet twice daily
  - Calcium Citrate 500mg- Chew 1 three times daily. Note: You need to stick with the chewable tablets for the first 30 days after surgery and can switch to the chewy bites 30 days after surgery as desired. Take calcium 2 hours before or after your multivitamin as the Bariatric Advantage vitamin contains iron.
  - B12 1000mcg – dissolve one under tongue once weekly
  - Notes: With this package you don't need to add extra iron, or vitamin D3 as the EA chewable contains sufficient amounts of these nutrients.

### Duodenal Switch

#### Bariatric Formulated Multivitamin

1. Iron 45mg daily
2. Vitamin B12 – (Nascobal prescription nasal b12 once weekly, 1000 micrograms sublingual tablet daily under tongue, or 1000 micrograms intramuscular injection once monthly)
3. Vitamin D3- 8000-10,000 International Units Daily
4. Calcium Citrate (chewable) – 500mg 3 times daily (take 2 hours before or after any iron containing products)

#### Options:

#### Bariatric Advantage Vitamins:

- Bariatric Advantage Advanced Multi EA Chewable tablet- Chew 1 tablet twice daily
- Calcium Citrate 500mg- Chew 1 three times daily. Note: You need to stick with the chewable tablets for the first 30
- days after surgery and can switch to the chewy bites 30 days after surgery as desired. Take calcium 2 hours before or after your multivitamin as the Bariatric Advantage vitamin contains iron.

- B12 1000mcg – dissolve one under tongue once weekly
- Vitamin D3 (dry) 5000 units daily. You will achieve an intake of 9200 units daily when combined with the multivitamin and the vitamin D3 in your calcium.
- Notes: With this package you don't need to add extra iron as the EA chewable contains a sufficient amount of iron.

**Resources:**

- A. Nascobal and BariActiv Vitamin Kit- To obtain this vitamin kit please request a prescription from your physician
- B. Bariatric Advantage: You can purchase bariatric advantage vitamins at [www.bariatricadvantage.com](http://www.bariatricadvantage.com)