

Nutrition Guidelines for Bypass & Sleeve

Protein: 80-100 grams daily

VITAMIN RECOMMENDATIONS

1. Multivitamin: 2 per day
 - a. Must be chewable or liquid for the first 6 weeks
 - b. NO GUMMIES
2. Calcium citrate 500-600 mg, 3 times daily
 - a. Chewable or liquid for the first 6 weeks
 - b. MUST be calcium citrate
3. Iron: 29 mg
 - a. Wait 2 hours in-between taking calcium and iron!
 - b. Chewable or liquid for the first 6 weeks.
4. Vitamin B12
 - a. Sublingual tablet (dissolves under your tongue)
 - b. 5000-7500 mcg of vitamin B12 weekly
 - OR**
 - c. Vitamin B12 IM shot once every 3-4 weeks
5. Vitamin D3: 3000-5000 IUs daily
 - a. Chewable or liquid for the first 6 weeks

Nutrition Guidelines for Band

1. Multivitamin: 2 per day