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