

# VITAMIN & MINERAL SUPPLEMENTATION AFTER SLEEVE GASTRECTOMY



## WHY VITAMIN & MINERAL SUPPLEMENTATION AFTER THE SLEEVE GASTRECTOMY



After bariatric surgery, **you must take vitamins for the rest of your life.** Serious illness can result from non-compliance with your vitamin and mineral guidelines. Mood, energy, and focus can also suffer from a lack of proper vitamins after bariatric surgery. Blood tests are required every three months for your first year after surgery and annually after that.

# VITAMIN & MINERAL SUPPLEMENTATION AFTER SURGERY

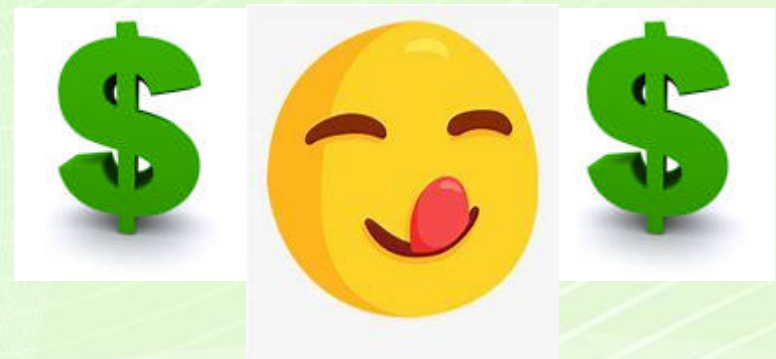


CHEWABLE, POWDERED, OR LIQUID VITAMINS &  
MINERALS ARE RECOMMENDED FOR THE FIRST 3  
MONTHS AFTER SURGERY  
FOR  
***BETTER TOLERANCE AND ABSORPTION***



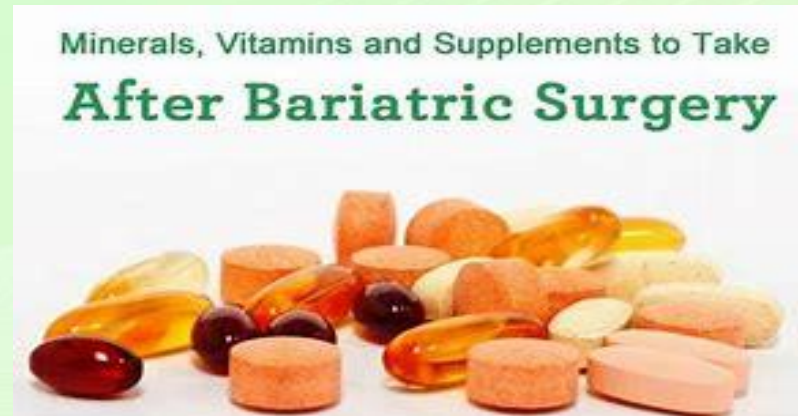
## CONSIDERATIONS IN CHOOSING THE VITAMIN REGIMENT THAT IS RIGHT FOR YOU:

- DOES IT MEET THE RECOMMENDATIONS FOR MY SURGERY?
- WHAT ADDITIONAL VITAMINS/MINERALS WILL I NEED IN ADDITION TO MY MVI TO MEET MY NEEDS AFTER THE SLEEVE GASTRECTOMY?
- HOW MANY TABLETS ARE REQUIRED DAILY TO MEET NUTRIENT REQUIREMENTS?
- DOES IT TASTE GOOD ?
- HOW MUCH DOES IT COST?
- IS IT EASILY AVAILABLE?



**The SLEEVE GASTRECTOMY PATIENT WILL REQUIRE :**

## **A BARIATRIC MULTIVITAMIN**



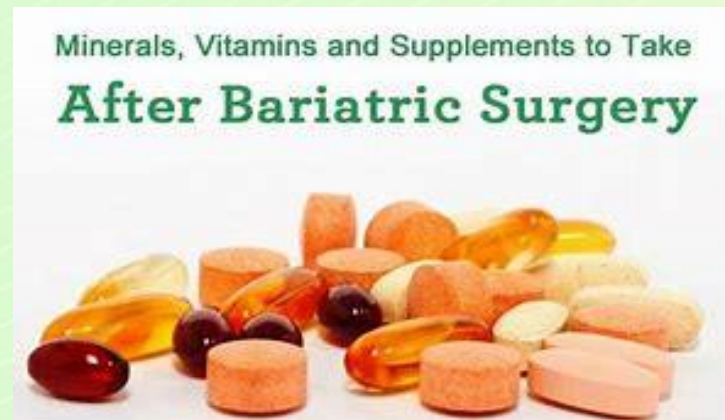
Additional vitamin and mineral supplements will be added based on the content of the multivitamin selected

## ONE MAY NEED TO SUPPLEMENT WITH THE FOLLOWING SUPPLEMENTS IF NOT CONTAINED WITHIN THE MULTIPLE VITAMIN

VITAMINS/MINERALS	AMOUNT TO SUPPLEMENT WITH AFTER THE SLEEVE GASTRECTOMY SURGERY TO HELP PREVENT DEFICIENCY	SYMPTOMS OF DEFICIENCY
B-12	350 mcg to 1000 mcg/day	Pernicious anemia, numbness and tingling in fingers and toes
IRON	18 mg/day	Lack of energy or tiredness (fatigue)/ Weakness/Headache/Rapid heartbeat Hair loss/Brittle nails/Pale or yellow skin Shortness of breath/Chest pain Strange pounding sensation in your ears Craving for ice or clay
VITAMIN D 3	3000 international units /IUS per day	Poor bone growth
Thiamine	12 mg/day	Mental confusion, muscle weakness, edema, fatigue, loss of appetite
Copper	2 mg/day	Fatigue and weakness, frequent sickness, weak and brittle bones, problems with memory and learning, difficulties walking, increased cold sensitivity, pale skin, premature gray hair and vision loss.
Folate/Folic Acid	400-800 mcg/day	Anemia, diarrhea, smooth tongue, poor growth
Calcium Citrate	1200 mg to 1500 mg/day (between calcium supplementation and food intake)	Depression, tooth decay, heart problems. Osteoporosis, weak nails, dermatitis

## VARIOUS REGIMENTS FOR BARIATRIC SPECIFIC VITAMINS/MINERAL AFTER :

- #1 – Optifast Post Bariatric
- #2 – CelebrateOne 18
- #3 – Nascobal/BariActiv
- #4 – ProCare Bariatric Multivitamin with 18 mg of Iron  
(CHOOSE THE RIGHT ONE FOR YOU)





# BARIATRIC SPECIFIC VITAMINS AND MINERALS FOR THE :

## OPTION #1: OPTIFAST POST BARIATRIC



ONE TABLET 4 TIMES PER DAY

The following needs to be included when taking Optifast :

18 MG OF IRON



# BARIATRIC SPECIFIC VITAMINS AND MINERALS:

## OPTION #1: OPTIFAST POST BARIATRIC

### Daily schedule for taking supplements:

Breakfast: 1 Optifast Post Bariatric Supplement

AM Snack: 18 mg Iron

Lunch: 1 Optifast Post Bariatric Supplement

PM Snack: 1 Optifast Post Bariatric Supplement

Dinner: 1 Optifast Post Bariatric Supplement



## OPTIFAST MAY BE PURCHASED AT:

- Deaconess Family Pharmacy\*\*\*
- Participating Walgreens Pharmacies & on-line
- Participating CVS Pharmacies & on-line
- On-line at [www.NestleNutritionStore.com](http://www.NestleNutritionStore.com) & other on-line companies as [www.Amazon.com](http://www.Amazon.com)
- This supplement is replacing Optisource. It may not be available at all the above location as yet.
- The facilities noted with \*\*\*are currently carrying the Optifast Post Bariatric Supplements.

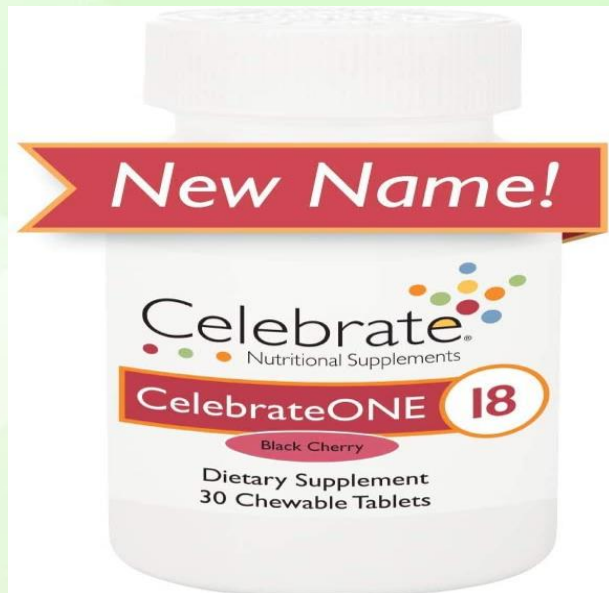


# BARIATRIC SPECIFIC VITAMIN/MINERALS

## OPTION #2: CELEBRATE ONE 18

CelebrateOne 18  
Multivitamin  
1 per day

500 mg Calcium Citrate (Soft  
Chew or Plus 500 tablet)  
1 chewable-2 times per day

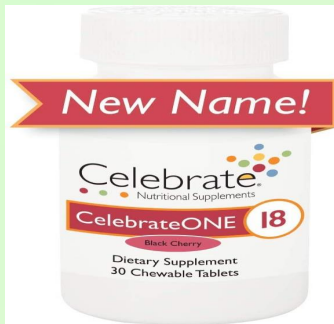


AND





# BARIATRIC SPECIFIC VITAMIN/MINERALS



## OPTION #2: CELEBRATE ONE 18



**Daily schedule for taking supplements:**

Breakfast: CelebrateOne 18 vitamin/mineral (1 tablet)

Lunch: Calcium Citrate 500 mg chews (1 tablet)

Dinner: Calcium Citrate 500 mg chews (1 tablet)

To Purchase Celebrate Supplements: [www.celebratevitamins.com](http://www.celebratevitamins.com) or (877)424-1953

\*Celebrate Vitamins are also available through other on-line companies such as [www.Amazon.com](http://www.Amazon.com) and [www.Walmart.com](http://www.Walmart.com)



## BARIATRIC SPECIFIC VITAMIN/MINERALS

### **Option # 3: Nascobal B12 Nasal Spray & BariActiv Vitamin/Mineral Supplements**



- Available by prescription only
- Covered by many commercial insurance plans with as little as a \$0.00 co-pay per month (Not covered by government insurance including Medicare & Medicaid)
- Automatically shipped to your home monthly for 12 months
- Can be cancelled at anytime by participant.

\*If interested, please speak with your dietitian.

## Option #3: Nascobal B12 Nasal Spray & BariActiv Vitamin/Mineral Supplements:

**Each month, the following is mailed:**

- Nascobal Nasal Spray, BariActiv Multivitamin with Iron & BariActiv Calcium + D<sub>3</sub> & Magnesium



### **Vitamin/Mineral Daily Plan:**

- Nascobal Nasal Spray: **1 spray, 1 nostril, 1 time per week**
- BariActiv Multi-Vitamin with Iron: **1 tablet daily**
- BariActiv Calcium + D3 + Magnesium: **2 tablets 2 times daily**

## Option # 3: Nascobal B12 Nasal Spray & BariActiv Vitamin/Mineral Supplements:



### Daily schedule for taking supplements:

Breakfast: (1 tablet) BariActiv Multi-Vitamin with Iron

Lunch: (2 Tablets) Calcium + Vitamin D + Magnesium

Dinner: (2 Tablets) Calcium + Vitamin D + Magnesium

\*Nascobal B12 Nasal Spray: 1 nostril spray, 1 time per week



## OPTION #4: ProCare 18 Bariatric Multivitamin (Easy and Affordable)

### Daily schedule for taking supplements:

Breakfast: (1 tablet) ProCare Bariatric Chewable Multivitamin

Lunch: 500 mg Calcium Citrate with D

Dinner: 500 mg Calcium Citrate with D






To Purchase ProCare Health Bariatric Multivitamin: [www.procarenow.com](http://www.procarenow.com) OR  
877-822-5808

\*ProCare Health Multivitamins are also available through other on-line companies such  
as [www.Amazon.com](http://www.Amazon.com) and [www.Walmart.com](http://www.Walmart.com)



## ADDITIONAL SUPPLEMENTS NEEDED BASED on the BARIATRIC MVI TAKEN

Vitamin Regiment	Calcium	Iron	B-12	Vit. D 3	Thiamine
OPTION # 1: <u>Optifast Post Bariatric</u>					
OPTION # 2: <u>Celebrate One 18</u>					
OPTION # 3: <u>Bariativ and Nacobal</u> (calcium/vit d/iron and b-12 are all included in the prescription)					
OPTION #4: <u>Procare 18</u>					

## CALCIUM SUPPLEMENTATION IS NEEDED AFTER HAVING THE GASTRIC BYPASS

- The preferred form is **CALCIUM CITRATE** as it provides for **Better ABSORPTION** with the limited stomach acid in the new pouch and stomach.



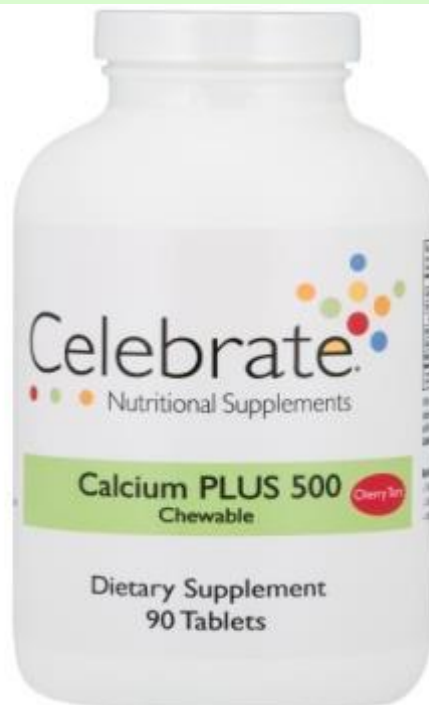
- The calcium citrate will need to be in a chewable or liquid form.
- There is less risk of developing kidney stones with the citrate form of calcium and it is less constipating.



- NOTE: Everyone will need to consume 2-3 good calcium rich foods daily after having the gastric bypass.

# READING THE LABEL FOR THE TYPE & AMOUNT OF CALCIUM IN THE SUPPLEMENTS

**Celebrate Calcium  
PLUS 500**



**Take 1 Celebrate Calcium PLUS 500  
Tablet, 2 times per day**

Supplement Facts		
Serving Size	1 Tablet	
Servings Per Container	90	
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	<1%*
Sugars	0 g	†
Vitamin D (as cholecalciferol)	333 IU	83%
Calcium (as calcium citrate)	500 mg	50%
Magnesium (as magnesium citrate and magnesium oxide)	34 mg	9%

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily value not established.

Other ingredients: Sorbitol, xylitol, coconut oil complex, stearic acid, malic acid, beet color, magnesium stearate, silica, artificial flavors, citric acid, sucralose and salt.

**Contains Milk.**

## ADDITIONAL CALCIUM CITRATE NEEDED-RECOMMENDATIONS:

- 1000-1200 MG DAILY
- TAKEN IN DIVIDED DOSES OF 500 TO 600 MG 2 TIMES A DAY-YOUR BODY CAN'T ABSORB MORE THAN THIS AMOUNT AT ONE TIME
- CALCIUM SHOULD CONTAIN VITAMIN D TO INCREASE ABSORPTION
- TAKE AT LEAST 2 HOURS APART FROM THE MULTIPLE VITAMIN WITH IRON AND ANY ADDITIONAL IRON SUPPLEMENT

CALCIUM CITRATE	AMOUNT OF CALCIUM	WHERE TO PURCHASE
Bariatric Advantage <ul style="list-style-type: none"> <li>• Calcium Chewable</li> <li>• Calcium Chewy Bites</li> </ul>	500 mg 500 mg	<a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a>
Celebrate <ul style="list-style-type: none"> <li>• Calcium PLUS 500 Chewable</li> <li>• Calcium Soft Chews</li> </ul>	500 mg 500 mg	<a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a>
<b>Liquid</b>	<b>Per Tablespoon</b>	
Lifetime Calcium Magnesium Citrate	600 mg	On-line
Solgar	600 mg	Vitamin Shoppe/On-line
Nature's Way Liquid Calcium	500 MG	On-line
<b>Powder (add to Fluid)</b>	<b>Per 1 stick (5 grams)</b>	
Up Cal D	500 mg	On-line



# ADDITIONAL IRON NEEDED

IRON	AMOUNT OF ELEMENTAL IRON	WHERE TO PURCHASE
<b>Chewable/Chewy</b>		
Bariatric Advantage Iron chewable with C	18 mg	<a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a>
Celebrate Iron + C (chewable)	18 mg	<a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a>
<b>Liquid</b>	<b>40 mg Per Tablespoon</b>	
Ferretts IPS Liquid	½ Tablespoon (20 mg)	On-line
Nature's Way Liquid Iron	18 mg-take 1 tablespoon daily	On-line
		NOTE: Additional Iron may be needed/based on lab findings

## CHANGING VITAMIN/MINERAL REGIMENTS:

As can be seen, each bariatric specific vitamin/mineral regiment is different. When changing from one regiment vitamin/mineral after the sleeve gastrectomy to another one...



Consult with the pharmacist or dietitian if you change your vitamin regimen



## IMPORTANT POINTS

- Each option varies with the vitamin/minerals that need to be included to meet core nutritional needs after bariatric surgery.
- Calcium and multiple vitamins with iron need to be separated from each other by at least 2 hours
- Only take 500 to 600 mg of calcium at one time
- Calcium citrate is the preferred form of calcium
- Do not take calcium supplement at the same time as eating a calcium rich food
- Avoid gummy vitamins as they do not contain all the needed nutrients. **Don't FORGET!**
- Vitamin/mineral supplementation is needed for a life time after having the sleeve gastrectomy
- Bring all your supplements with you when coming to your appointment after surgery
- Check with your dietitian or provider prior to changing your regiment as each regiment is different.



## LABS



Routine labs need to be taken in order to insure that your dietary intake and supplements continue to be sufficient to meet your nutritional needs after surgery.



# VITAMIN & MINERAL SUPPLEMENTATION IS NEEDED

**...For good health...**



Remember to take your vitamin/minerals supplements daily FOR A LIFETIME!