

Approved Vitamin and Minerals Supplements After Roux-EN-Y Gastric Bypass Surgery

***Check with the Registered Dietitian before using any other supplements.

Please Note: 1) If you are taking the blood thinner Coumadin, Warfarin or Jantoven, please speak with your physician and anticoagulant clinic before starting a new vitamin/mineral supplement due to changes in intake of Vitamin K. 2) If taking medication for a thyroid disorder, such as Synthroid or Armour Thyroid, avoid taking vitamin/mineral supplements within at least two hours of taking the thyroid medication.

***Patients with a history of iron deficiency anemia or females who have heavy menstrual cycles may require higher daily iron supplementation. Please discuss with your dietitian.**

****Choose one of the following vitamin/mineral options listed below. Take all vitamin/mineral supplements with food for better absorption & tolerance.**

1. ProCare Health Bariatric Vitamin/Mineral Supplements



2. Celebrate Vitamin/Mineral Supplements



3. Optifast Vitamin/Mineral Supplement



4. Nascobal B12 Spray & BariActiv Vitamin/Mineral Supplements

***By prescription only.**



***Affordable and Easy Option!**

1. ProCare Health Bariatric Chewable Multivitamin:

Purchase 2 items: 1. ProCare Bariatric Chewable MVI (Contains 45 mg of iron)

2. Chewable, liquid or powder Calcium Citrate



1. ProCare Bariatric Multivitamin with 45 mg of Iron: 1 chewable tablet daily

To Purchase: www.procarenow.com or call 877-822-5808

2. Chewable OR Liquid Calcium Citrate Options:

Dose depends on amount of calcium per serving: Take 500- 600 mg of calcium 2 times per day.

- Celebrate Calcium Plus (500 mg)
Take 1 tablet 2 times per day.
- Celebrate Calcium Soft Chews (500 mg)
Take 1 chew 2 times per day.

To Purchase: www.celebratevitamins.com or call 1-877-424-1953

- Bariatric Advantage Calcium Citrate Chewy Bites (500 mg)
Take 1 chewy bite 2 times per day.
To Purchase: www.bariatricadvantage.com or call 1-800-898-6888
- Nature's Way Calcium & Vitamin D3 Liquid (formerly Wellesse brand)
Take 1 tablespoon 2 times per day.
To purchase: Participating Walmart locations or
www.store.bariatricpal.com
- Solgar Calcium Citrate Liquid
Take 1 tablespoon 2 times per day.



To Purchase: Available at local Vitamin Shoppe or www.vitaminshoppe.com

*Ordering information available for other chewable, liquid, or powder calcium citrate supplements. Please ask dietitian.

Suggested schedule for taking ProCare Health Bariatric MVI:

Breakfast:	ProCare Health Bariatric Chewable Multivitamin	1 tablet
Lunch:	Calcium Citrate 500 mg Calcium Citrate chews	1 tablet
Dinner:	Calcium Citrate 500 mg Calcium Citrate chews	1 tablet

*Separate the multivitamin with iron from the calcium supplement by at least 2 hours because calcium can affect the absorption of iron. Avoid taking a calcium supplement with a calcium rich food so all calcium can be absorbed.

* The multivitamin and calcium supplements are also available through other on-line companies and pharmacies.

2. Celebrate Chewable Supplements:

Purchase 2 items: 1. CelebrateONE 45 Multivitamin & 2. Calcium Citrate

1. **CelebrateONE 45 Multivitamin (Tropical Twist):** **1 chewable tablet daily**



2. **Chewable OR Liquid Calcium Citrate Options:**

Take 500- 600 mg of calcium 2 times per day.

- Celebrate Calcium Plus (500 mg)
Take 1 tablet 2 times per day.
- Celebrate Calcium Soft Chews (500 mg)
Take 1 chew 2 times per day.

To Purchase: www.celebratevitamins.com or call 1-877-424-1953

- Bariatric Advantage Calcium Citrate Chewy Bites (500 mg)
Take 1 chewy bite 2 times per day.
To Purchase: www.bariatricadvantage.com or call 1-800-898-6888
- Nature's Way Calcium & Vitamin D3 Liquid (formerly Wellesse brand)
Take 1 tablespoon 2 times per day.
To purchase: Participating Walmart locations or www.store.bariatricpal.com



- **Solgar Calcium Citrate Liquid**

Take 1 tablespoon 2 times per day.

To Purchase: Available at local Vitamin Shoppe or www.vitaminshoppe.com

*Ordering information available for other chewable, liquid, or powder calcium citrate supplements. Please ask dietitian.

Suggested schedule for taking Celebrate supplements:

Breakfast:	CelebrateONE 45 MVI	1 Tablet
Lunch:	Celebrate Calcium Citrate 500 mg chews	1 Tablet
Dinner:	Celebrate Calcium Citrate 500 mg chews	1 Tablet

*Separate the multivitamin with iron from the calcium supplement by at least 2 hours because calcium can affect the absorption of iron. Avoid taking a calcium supplement with a calcium rich food so all calcium can be absorbed.

Purchase a sampler which provides a variety of Celebrate supplements for \$9.95. Receive a coupon to purchase products from Celebrate. Go to www.celebratevitamins.com for more details.

To Purchase: Celebrate Vitamins: www.celebratevitamins.com or call 1-877-424-1953; The multivitamin and calcium supplements are available through other on-line companies and pharmacies.

*If you are having difficulty purchasing your vitamin/mineral supplements, please check out **Celebrate Assistance Program**. To apply for the Celebrate Supplement Assistance program, please go to <https://celebratevitamins.com/pages/assist> .

3. Optifast Post Bariatric Chewable Vitamin/Mineral Supplement

Purchase 2 items: 1. Optifast Post Bariatric Chewable Vitamin/Mineral: 1 tablet 4 times per day
2. Iron 36 or 45 mg of iron daily

Suggested schedule for taking Optifast Post Bariatric supplements:

Breakfast:	Optifast Post Bariatric Chewable Vitamin/Mineral	1 tablet
Snack:	Iron supplement	
Lunch:	Optifast Post Bariatric Chewable Vitamin/Mineral	1 tablet
Dinner:	Optifast Post Bariatric Chewable Vitamin/Mineral	1 tablet
Bedtime:	Optifast Post Bariatric Chewable Vitamin/Mineral	1 tablet



Special Instructions:

1. The supplement is better tolerated when it is taken with food.
2. The Optifast Post Bariatric Chewable Vitamin/Mineral needs to be separated from the iron supplement by 2 hours.
3. Do not take a calcium rich food with the Optifast Post Bariatric Chewable Vitamin/Mineral

Choose Your Iron Supplement to take in addition to the Optifast Post Bariatric MVI

Celebrate Iron Supplementation

1. Celebrate iron 18 mg Plus C (tangerine/chewable)-take two daily OR
2. Celebrate iron 45 mg Plus C-(grape/chewable)-take one daily OR
3. Celebrate iron 45 mg Plus C (Cherry Burst/soft chew)- take one daily

To Purchase: www.celebratevitamins.com or call 1-877-424-1953

Bariatric Fusion Iron Supplementation

1. Bariatric Fusion Iron 45 mg with Vitamin C (grape/soft chews)- take one daily OR
2. Bariatric Fusion Iron 45 mg with Vitamin C (cherry/soft chews)-take one daily

To Purchase: www.bariatricfusion.com or call 1-366-359-0602

Liquid Iron:

1. Ferrets IPS Liquid Iron 40 mg per Tablespoon-1 Tablespoon daily OR

To purchase: www.Pharmicsvitamins.com or call 801-966-4138

2. Nature Ways Liquid Iron 18 mg-2 Tablespoons per daily

To purchase: www.store.bariatricpal.com or call 855-957-2725

To Purchase: Optifast Vitamin/Minerals go to www.nestlenutritionstore.com or call 888-240-2713; Optifast vitamin/mineral can be purchased at Deaconess Family Pharmacy. Optifast is also available through other on-line companies and pharmacies.

4. Nascobal B12 Nasal Spray & BariActiv Vitamin/Mineral Supplements

- Available by prescription
- Covered by many commercial insurance plans with a \$0.00 co-pay per month
*(Government insurance is not eligible: Medicare (including Medicare supplement) or Medicaid)
- Automatically shipped to your home monthly for 12 months or before if cancelled by participant

Process for purchasing Nascobal & BariActiv vitamin/mineral supplements:

1. Fill out "Patient Information" section of prescription form provided by dietitians.
2. Dietitians will fax information to Nutrition Direct, the program pharmacy, to check for insurance coverage.
3. You can contact Nutrition Direct at (855-828-1488) to confirm receipt of prescription.
4. You will receive a telephone call from Nutrition Direct with the monthly cost of the vitamin/mineral supplements to either purchase or decline the product.
5. If the vitamin/mineral supplements are covered by your insurance, co-pays will run \$0.00 up to \$25.00 per month.
6. The vitamin/mineral supplements will be automatically shipped to the delivery address provided, per your request and payment is received, if required.
7. Payment can be made by credit/debit card or by check. No checks by phone accepted.
8. The prescription is for 12 months, but the program can be discontinued at any time.

Nascobal Nasal Spray & BariActiv Supplements:

1. **Nascobal Nasal Spray:** A Vitamin B12 nasal spray taken 1 time each week
2. **BariActiv Multi-Vitamin** (Smooth-Dissolving Tablets): Take 1 tablet 1 time daily (total of 1 tablet)
3. **BariActiv Calcium + D3 + Magnesium:** Take 2 tablets 2 times per day (total of 4 tablets)
4. *Additional iron will be required at 1 month post-surgery.

Suggested Schedule using Nascobal Nasal Spray & BariActiv Supplements

Breakfast: (1 Tablet) BariActiv Multi-Vitamin

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

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

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

*If Vitamin D3 was prescribed by your physician, please discuss continued Vitamin D supplementation with your dietitian.

*Do not drink hot liquids or eat hot foods at least 1 hour before and 1 hour after taking NASCOBAL® Nasal Spray.

