

Vitamin/Mineral Supplementation After Roux-En-Y Gastric Bypass Surgery

- 1) Vitamin/Mineral supplementation post-surgery is only important during the weight loss phase?**
 - a) True
 - b) False

- 2) Chewable, liquid or powdered vitamin/minerals are recommended for the first 1 - 3 months after surgery for better tolerance and absorption?**
 - a) True
 - b) False

- 3) Which form of calcium supplement is appropriate for post-surgery supplementation?**
 - a) Calcium Citrate
 - b) Calcium Carbonate

- 4) The recommended daily intake of calcium from supplementation and food is?**
 - a) 500 – 1,000 mg per day
 - b) 1,200 – 1,500 mg per day
 - c) 1,500 – 2,000 mg per day
 - d) Greater than 2,000 mg per day

- 5) The recommended daily dose of ProCare Bariatric Multivitamin with 45 mg Iron is?**
 - a) 4 tablets per day
 - b) 3 tablets per day
 - c) 2 tablets per day
 - d) 1 tablet per day

- 6) If you choose Option 2: CelebrateONE 45 multivitamin for supplementation after bariatric surgery, NO additional vitamin/mineral supplementation will be required?**
 - a) True
 - b) False