

Vitamins & Minerals after Gastric Bypass



Deaconess
WEIGHT LOSS
SOLUTIONS

Vitamin & Mineral Supplementation After Surgery

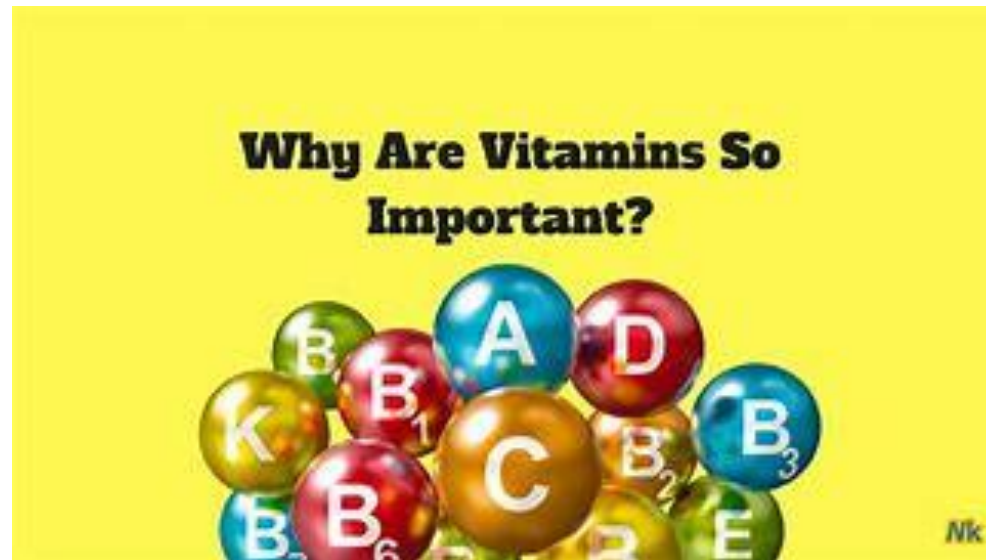
Important!

- ▶ 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 then annually after that to ensure proper vitamin and mineral levels in your body.

Vitamin & Mineral Supplementation After Surgery

Important!

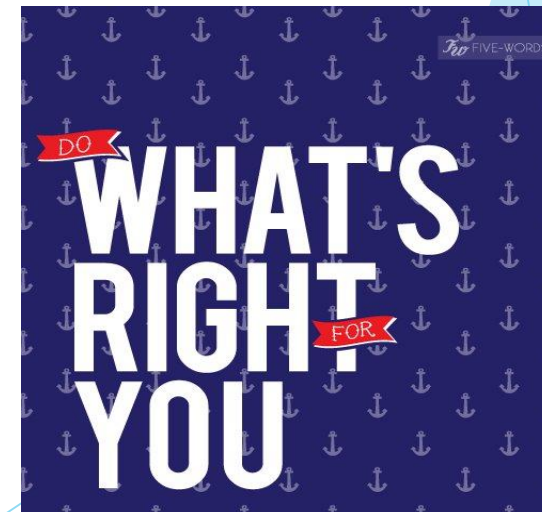
- ▶ Chewable, powdered, or liquid vitamins & minerals are recommended for the first 1-3 months after surgery for better tolerance and absorption
- ▶ After the 1-3-month time frame, you can begin taking a multivitamin in pill or capsule form if you desire



Choosing the Vitamin Regiment That is Right for You:

Thing to consider:

- ▶ Does it meet the recommendations for my surgery?
- ▶ What additional vitamins/minerals will I need in addition to my multivitamin to meet my needs after gastric bypass?
- ▶ How many total tablets are required daily to meet the nutrient requirements?
- ▶ How much does it cost?
- ▶ Is it easily available to you?
- ▶ Does it meet your taste requirements?



Gastric Bypass Patients Will Require:

A Bariatric Multivitamin

- ▶ Additional vitamin and mineral supplements will be added based on the content of the multivitamin selected by you



Gastric Bypass Patients Will Require the Following Daily Supplementation

| Vitamins/Minerals | Amount to supplement with after gastric bypass to help prevent a deficiency | Symptoms of Deficiency |
|-------------------|---|--|
| B-12 | 500 mcg-1000 mcg/day | Pernicious anemia, numbness and tingling in fingers and toes |
| Iron | 45 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 D3 | 3000 international units IU/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, difficulty walking, increased cold sensitivity, pale skin, premature gray hair, and vision loss |
| Folate/Folic Acid | 400-800 mcg/day *Women of childbearing age require 800 - 1,000 mcg of folic acid daily. <i>*If you have been diagnosed with <u>MTHFR gene mutation</u>, please speak with your dietitian to ensure you purchase a bariatric MVI that contains the methylfolate form of folic acid.</i> | Anemia, diarrhea, smooth tongue, poor growth |
| Calcium Citrate | 1200 mg - 1500 mg/day (between calcium supplementation and food intake) | Depression, tooth decay, heart problems, osteoporosis, weak nails, dermatitis |

Specific Bariatric Vitamins/Minerals after Gastric Bypass

- ▶ Option #1: Multivitamin + Calcium
- ▶ Option #2: Multivitamin which contains all recommended vitamin/minerals in 4 tablets per day.
- ▶ Choose the right one for you!



Bariatric Vitamin Option #1: Multivitamin + Calcium Citrate

One example includes:

CelebrateOne 45
Multivitamin: 1 per day



500 mg Calcium Citrate (Soft
Chew or Plus 500 tablet)

▶ 1 chewable 2 times per day

*CelebrateOne 45
Chewable MVI is
appropriate for
those diagnosed
with the MTHFR
gene mutation.



*There are other options for
multivitamins with 45 mg of
iron - 1 tablet per day

Bariatric Vitamin Option #1: Multivitamin + Calcium Citrate

Daily schedule for taking the CelebrateOne 45 MVI:

- ▶ Breakfast: CelebrateOne 45 multivitamin: 1 tablet
- ▶ Lunch: 1 Calcium Citrate 500 mg soft chew
- ▶ Dinner: 1 Calcium Citrate 500 mg soft chew

- ▶ Go to: www.celebratevitamins.com for more information on this multivitamin and calcium option



Bariatric Vitamin Option #1: Multivitamin + Calcium

Another example includes:

ProCare Health Bariatric
Multivitamin with 45 mg of Iron:
1 Per Day



*There are other options for
multivitamins with 45 mg of
iron - 1 tablet per day



500 mg Calcium Citrate (Soft
Chew or Plus 500 tablet)

▶ 1 chewable 2 times per day



Bariatric Vitamin Option #1: Multivitamin + Calcium Citrate

Daily schedule for taking this option (example):

- ▶ Breakfast: ProCare Health 45 multivitamin: 1 tablet
- ▶ Lunch: 1 Calcium Citrate 500 mg soft chew
- ▶ Dinner: 1 Calcium Citrate 500 mg soft chew



Go to: www.procarenow.com and www.bariatricadvantage.com
for more information related to this multivitamin and calcium option

Bariatric Vitamin Option #2: Multivitamin Complete Chewable

Bariatric Fusion Complete Chewable Multivitamin:

Daily Dose: 1 tablet 4 times per day (total of 4 tablets)

*No other vitamin/mineral supplementation is required.

Go to: www.bariatricfusion.com for more information
on this multivitamin



Bariatric Vitamin Option #2: Multivitamin Complete Chewable

Daily schedule for taking this option (example):

- ▶ Breakfast: Multivitamin Complete
- ▶ Lunch: Multivitamin Complete
- ▶ Snack: Multivitamin Complete
- ▶ Dinner: Multivitamin Complete



Calcium Supplementation After Gastric Bypass Surgery

- ▶ The preferred form is Calcium Citrate as it provides better absorption with the limited stomach acid in the new stomach
- ▶ Calcium citrate will need to be in the chewable or liquid form for at least the first 3 months
- ▶ There is less risk of developing kidney stones with the citrate form of calcium, and it is less constipating
- ▶ Daily calcium needs after bariatric surgery are 1200-1500 mg per day
- ▶ The body can only absorb 500 mg of calcium at a time. Calcium supplementation will need to be taken in divided doses for better absorption (500 mg 2 times per day = 1,000 mg calcium)
- ▶ Everyone will need to consume 2-3 calcium rich foods daily after having gastric bypass to achieve a total of 1200 - 1500 mg of calcium daily



Calcium Supplementation After Gastric Bypass

▶ Celebrate Calcium Soft Chew

Daily dose: 1, 500 mg chew 2 times per day



*There are other chewable or liquid calcium citrate options available.

| Supplement Facts | | |
|-------------------------------------|---------------------------|-----------------------|
| Serving Size: 1 chew | | |
| | Amount Per Serving | % Daily Value* |
| Calories | 15 | |
| Total Carbohydrate | 2 g | 1% |
| Dietary Fiber | 0.5 g | 2% |
| Sugars | 0 g | † |
| Calcium (as Calcium Citrate) | 500 mg | 50% |
| Vitamin D3 (as Cholecalciferol) | 500 IU | 125% |

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

OTHER INGREDIENTS: Maltitol syrup, isomalto-oligosaccharide, natural flavors, sunflower oil, soy lecithin, gum blend (agar, modified corn starch, pectin (standardized with sucrose), cellulose gum, sodium citrate), caramel for color, glycerin, sucralose.

Additional Supplementation Needed Based on the Bariatric MVI Selected

| Vitamin Regiment | Calcium | Iron |
|--|-------------|-------------|
| Option 1: CelebrateOne 45 OR ProCare Health 45 | ✓ | |
| Option 2: Bariatric Fusion Complete Chewable | None Needed | None Needed |
| | | |

*These bariatric vitamin and mineral supplements are often available from on-line companies such as Walmart.com, Amazon.com, or Store.bariatricpal.com

Changing Vitamin/Mineral Supplementations

- ▶ This can come up due to tolerance and/or preferences. Each bariatric specific vitamin/mineral regiment can be different. When changing from one regiment to another after surgical weight loss ALWAYS...
- ▶ Check with your pharmacist or dietitian first before changing!



Get Your Labs As Scheduled

- ▶ Routine labs need to be taken to ensure your dietary intake and supplements continue to be sufficient to meet your nutritional needs after surgery.



- ▶ Following bariatric surgery, labs are scheduled to be taken:
 - ▶ 1 month
 - ▶ 3 months
 - ▶ 6 months
 - ▶ 1 year and annually thereafter

Vitamin and Mineral Supplementation is Needed

...For good health...



- ▶ Remember to take your vitamin/mineral supplements daily **FOR A LIFETIME!**