

BARIATRIC SERVICES

Vitamin and Mineral Supplements after Bariatric Surgery



OHSU Health Bariatric Services
www.ohsu.edu/bariatric



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Recommended plan

BARIATRIC MULTIVITAMIN WITH IRON		
BRANDS		DOSAGE
Bariatric Advantage Bariatric Choice* Bariatric Fusion*	Celebrate Opurity ProCare Health <i>*Contains calcium.</i>	Choose one and take daily recommended manufacturer dosage.
CALCIUM SUPPLEMENT		
Calcium citrate or tricalcium phosphate		
Calcium carbonate such as in Tums is not absorbed as well as other supplements and may cause constipation.		
BRANDS		DOSAGE
ProCare Health UpCal D Powder <i>(1 tsp 3x daily)</i>	Celebrate Calcium Citrate Chew <i>(One 500 mg chew 3x daily)</i>	<p>Aim for 1,200–1,500 mg daily.</p> <p>You can only absorb up to 600 mg at one time, so divided doses of 500 mg 3x daily or 600 mg 2x daily are recommended.</p> <p>Take with meal or snack separately from supplements containing iron.</p>
NOW Calcium Citrate Powder <i>(1.5 tsp 2x daily)</i>	Bariatric Fusion Calcium Citrate Chew <i>(One 500 mg chew 3x daily)</i>	
reViva Liquid Calcium <i>(.5 oz/1 tbsp 3x daily)</i>	ProCare Health Calcium Citrate Chew <i>(One 500 mg chew 3x daily)</i>	
Opurity Plus Calcium Citrate Chew <i>(Two tablets 2x daily)</i>	Vitafusion Calcium Gummies <i>(Two gummies 3x daily)</i>	
Bariatric Advantage Calcium Citrate Chew <i>(One 500 mg chew 3x daily)</i>	Citracal Petites with Vitamin D** <i>(Three tablets 2x daily)</i>	
	**Better tolerated at least one month after surgery.	

Recommended plan—sample vitamin schedules

Breakfast: Calcium dose

Lunch: Calcium dose

Snack: Calcium dose (if needed)

Dinner: Bariatric multivitamin(s)

OR

Breakfast: 1 All-in-One Chewable

Lunch: 1 All-in-One Chewable

Snack: 1 All-in-One Chewable

Dinner: 1 All-in-One Chewable

Alternate plan

MULTIVITAMIN	
Adult chewable multivitamin with iron <i>Do not take gummy or gumball versions because they don't contain necessary vitamins.</i>	
BRANDS	DOSAGE
Flintstone's Complete or store brand equivalent	Example: If dosage is one tablet once a day, take two tablets once a day.
VITAMIN D3	
TYPE	DOSAGE
Vitamin D3 Some multivitamin and calcium supplements have enough D3.	At least 3,000 IU daily.
VITAMIN B	
TYPE	DOSAGE
Vitamin B12 Should be dissolved under the tongue in liquid form or administered by monthly injections.	500 mcg daily. <i>For monthly injections dosage should be 1,000 mcg.</i>
Super B-complex <i>Provides additional thiamin not available in B12 or multivitamin.</i>	Aim for at least 12 mg of thiamin daily.
CALCIUM SUPPLEMENT (SAME AS UNDER RECOMMENDED PLAN)	

Alternate plan—sample vitamin schedules

Breakfast: Calcium dose + vitamin D3 + vitamin B12 + Super B-complex

Lunch: Calcium dose

Snack: Calcium dose as needed

Dinner: Two servings adult chewable multivitamin with iron