

BARIATRIC AND METABOLIC INSTITUTE

Required Vitamin and Mineral Supplements After Weight Loss Surgery

You will not be able to meet certain vitamin and mineral needs without supplementation. Vitamin and mineral deficiencies have been observed in patients after weight loss surgery. Iron, folate, vitamin B12, calcium, and zinc are most affected after gastric bypass surgery. If you are having gastric banding surgery you will not need to take all the above supplements. Gastric banding does not cause malabsorption of nutrients from your foods. A daily multi-vitamin and calcium supplement is usually sufficient.

All of the required vitamin supplements are listed below. They are available over the counter at your local pharmacy. If you have difficulty locating or tolerating any of the supplements, call your dietician or surgeon for suggestions.

Mandatory	Dosage/Day	Suggested Schedule
Multi-vitamin and mineral	1-2*	AM
Vitamin B12	500 mcg	AM
Iron	27-28 mg	PM with Vitamin C
Vitamin C	500 mg	PM with Iron
Calcium citrate with Vitamin D	1200-1500 mg	Take with meals in divided doses
Optional		
Zinc	10-20 mg	AM
Stool Softener	As directed	Take with Iron dose

Mandatory

1. Multi-vitamin and Mineral

Dosage: 1-2 daily with meals

***Type:** 2 children's chewable multi-vitamin **OR** 1 chewable or liquid adult multi-vitamin. Once on a regular diet can begin an over the counter prenatal vitamin **OR** 1 adult multi-vitamin (does not have to be chewable or liquid)

Function: Multi-vitamins will help ensure that you are getting enough of all the micronutrients that you need.

Interactions: None

2. Vitamin B12

Dosage: 500 micrograms tablet or sublingual daily or 1000 micrograms monthly of injectable B12

Type: any sublingual (dissolves under tongue), tablet, or monthly injection (prescribed by your surgeon)

Function: Helps with blood cell and nerve function, digestion and absorption of food, and protein synthesis. Deficiency may cause certain types of anemia.

Interactions: None

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3. Iron

Dosage: 27-28 mg of elemental iron daily. Take with vitamin C.

Type: Any tablet of ferrous sulfate, gluconate, or fumarate that is equivalent to 27-28 mg of elemental iron. Prenatal vitamins may already have enough iron in each tablet. Read the label first to see if additional supplementation is required.

Function: Vital to the formation of red blood cells that provide oxygen to the entire body.

Interactions: Take 1-2 hours before or after taking calcium. Do not take with milk, cheese, eggs, whole-grain breads and cereals. May cause diarrhea or constipation.

4. Vitamin C

Dosage: 500 mg daily. Take with iron.

Type: Any capsule, chewable tablet or liquid form.

Function: Plays a role in body's calcium levels and bone formation. Promotes wound healing and reduces chances of infection. Enhances iron absorption.

Interactions: Antacids may decrease absorption. Take Vitamin C at a different time if using Antacids.

5. Calcium citrate with Vitamin D

Dosage: 1200-1500 mg daily. Calcium is best absorbed in doses of 500-600 mg at a time. Take with meals.

Type: Tums® initially, once tolerating regular diet switch to Citracal® +D or any equivalent brand with calcium citrate. The citrate form of calcium is better absorbed since it doesn't require the acid from your stomach to be absorbed.

Function: Maintains bone strength; also helps heart pump correctly and repairs soft tissue.

Interactions: Caffeinated products, spinach, and whole grain products may decrease absorption. Take at least 1-2 hours before or after taking iron, since calcium will decrease iron absorption.