

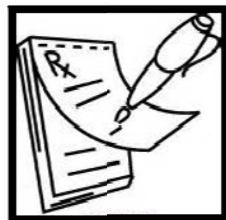
# Multivitamins & Mineral Requirements for the Gastric Sleeve & Gastric Bypass

After the Gastric Sleeve & Gastric Bypass you are at a high risk vitamin and mineral deficiencies. Therefore, you must be on a Multivitamin and Mineral regimen for the rest of your life to avoid any complications. There are specific vitamins and minerals that you are at risk for becoming deficient in and as a result, a regular multivitamin from your pharmacy is not going to have all of your vitamin and mineral requirements.

- **The requirements for Sleeve:**
  - o Multivitamins, complete with specific vitamins and minerals—taken 2 times per day
  - o Calcium in the form of calcium citrate, taken 2-3 times per day
- **The requirements for Gastric Bypass:**
  - o Multivitamins, complete with specific vitamins and minerals—taken 2-3 times per day
  - o Calcium in the form of calcium citrate, taken 2-3 times per day
  - o Additional B12 & Iron along with Multivitamin

***ALL VITAMINS & MINERALS MUST BE CHEWABLE OR LIQUID FOR AT LEAST 3-6 MONTHS POST- SURGERY***

We have done a lot of research and met with many vitamin and mineral companies over the years, and finally found two types of multivitamins that have all of the vitamins and minerals you need. No additional B12 and Iron is needed with these after Gastric Bypass! These vitamins and minerals are a requirement to purchase before surgery with us and can be purchased in the office. The two Multivitamins and Mineral options along with their dosing and prices are on the next page.



## Vitamin & Mineral Kit Option #1

Bariatric Advantage Advanced Multi EA  
Chewable Multivitamin + Bariatric  
Advantage Calcium Citrate Chewy Bites

### MULTIVITAMIN Rx:

- For Sleeve & Bypass take 2 times per day
- Take 1 in the morning and 1 at night



*Bariatric Advantage Advanced Multi EA  
Chewable Multivitamin -- Citrus Flavor*

### CALCIUM CITRATE Rx:

- Wait at least 2 hours after taking multivitamin to take 1<sup>st</sup> calcium dose
- For 500 mg chews- 1 chew per dose, 3 times per day
- Each calcium dose should be at least 4 hours apart from each other



*Calcium Chewy Bite Flavors available in  
500 mg (1 chew take per dose 2-3 times per  
day): Caramel, Chocolate, Coconut, Tropical  
Orange, Peanut Butter Chocolate, Strawberry*

One Month Supply Cost: \$70 + tax

*(or you can think of it as spending \$2  
per day to take care of your health!)*

*Calcium Chewy Bites Flavors available in  
250 mg (to take 2 chews per dose 2-3 times  
per day): Raspberry, Lemon*

## Vitamin & Mineral Kit Option #2

1-Month Supply of Bariatric Advantage  
Advanced Ultra Multi Formula with Iron  
(CAPSULE) + Bariatric Advantage Calcium  
Citrate Chewy Bites

### MULTIVITAMIN Rx:

- For Sleeve take 2 times per day
- For Bypass take 3 times per day
- Take 1 in the morning and 1 at night
- For the first 3-6 months after surgery you will have to open the capsules and dump the Multi formula into your fluid. The multi formula is flavorless.



*Bariatric Advantage Ultra Multi Formula w/ Iron - Flavorless*

- A 3-month supply bottle (270 count) is available in the office for \$51.95 + tax

### CALCIUM CITRATE Rx:

- Wait at least 2 hours after taking multivitamin to take 1<sup>st</sup> calcium dose
- For 500 mg chews- 1 chew per dose, 3 times per day
- Each calcium dose should be at least 4 hours apart from each other



*Calcium Chewy Bite Flavors available in 500 mg (Take 1 chew per dose 2-3 times per day): Caramel, Chocolate, Coconut, Tropical Orange, Peanut Butter Chocolate, Strawberry*

*Calcium Chewy Bites Flavors are also available in 250 mg (to take 2 chews per dose 2-3 times per day): Raspberry, Lemon*

One Month Supply Cost: \$50 + tax

*(or you can think of it as spending \$1.60 per day on your health!)*