



Quick Guide to Bariatric Vitamins

Vitamin and mineral supplements are vital to maintaining your health after surgery. Due to smaller portions, limited diet variety, and malabsorption, you cannot rely on your diet alone to provide all the necessary nutrients.

Recommended Bariatric Brands	Where to Purchase
 <p>Website: www.BariatricAdvantage.com Phone: 1-800-898-6888</p>	<p>Local Pharmacies</p> <ul style="list-style-type: none"> • Queen’s POB 1 and West, Pali Momi, KTA (Big Island) <p>Online</p> <ul style="list-style-type: none"> • Bariatric Advantage Website <ul style="list-style-type: none"> ○ 15% off with validation code QUEENS ○ 5% - 10% off recurring orders • Celebrate Website <ul style="list-style-type: none"> ○ 10% off with recurring orders ○ Free shipping on orders over \$100 • Celebrate and Bariatric Advantage sell through Amazon.com <ul style="list-style-type: none"> ○ Caution with third-party sellers. Look for “Sold by Celebrate Vitamins”
 <p>Website: www.CelebrateVitamins.com Phone: 1-877-44-1953</p>	

Most Popular Products

Most patients prefer to take a combined multivitamin. The combo vitamins have your multivitamin, iron (45 mg) and Vitamin B-12 all in one product. Calcium is not included and needs to be taken separately. If you are at least 3 month’s post surgery you can take a capsule vitamin.

	Multi Combo (includes B-12 and Iron)	Calcium
Bariatric Advantage	Advanced Multi EA (1 chew, 2 times daily) Ultra Solo Capsule (1 capsule daily) Ultra Solo Chewable (1 chew daily) Ultra Multi with Iron (1 capsule, 3 times daily)	Calcium Chewy Bites (1 chew, 3 times daily)
Celebrate	Multi Complete 45 (1 chew or capsule , 2 times daily) CelebrateOne 45 (1 chew or capsule, 1 time daily)	Calcium Soft Chews (1 chew, 3 times daily)

Calcium

Calcium does not need to be bariatric-specific; look for calcium citrate. Take two hours from multivitamin. Aim for 1500 mg per day in divided doses (500 mg at a time). You can choose from one of the following:

- Bariatric Advantage or Celebrate Soft Chews (1 soft chew, 3 times per day)
- Citracal Plus Magnesium (2 tablets, 3 times per day; buy at most drugstores)
- Kirkland Calcium Citrate (2 tablets, 3 times per day; buy at Costco)

Vitamin Guidelines

- Start Multi Combo on the 3rd day after surgery
- Start Calcium Citrate and Vitamin D (if needed) at four weeks after surgery
- **Avoid taking calcium and multi together**; take at least two hours separately
- Chewable formulas recommended during the first 3 months

Budgeting Tips

Vitamins will cost between \$40 to 60 per month. Here are ideas for reducing your cost:

- Take advantage of discount and free shipping offers:
 - Bariatric Advantage: 15% off with code **QUEENS**; 5% - 10% off recurring orders
 - Celebrate: 10% off recurring orders; Free shipping on orders >\$100
- Soft chews are more expensive than chewable; capsules are the least expensive
- Buy in bulk for better value. Celebrate offers most of their products in 3-month size
- Queen's POB1 Pharmacy frequently has sales on vitamins throughout the year
- If you encounter significant financial hardships, the following programs are available:
 - Bariatric Advantage Recover Program – ask your program to submit a request of financial need and obtain a one time monthly supply of vitamins
 - Celebrate Community Assistance Program – fill out the online application to see if you qualify and if approved you can receive vitamins free of cost on orders placed every 3 months. See their website: celebratevitamins.com/pages/assist

Non-Bariatric Alternatives

We do not recommend non-bariatric multivitamins or iron supplements, but the following options are available:

Vitamin B12 – 1,000 mcg monthly injection (from PCP). If oral, sublingual formula preferred.

- Nature's Bounty Quick Dissolve B-12, 2,500 mcg tablet (Target)
- Nature Made Sublingual Vitamin B12, 3,000 mcg micro-lozenge (Costco)

Vitamin D – Dry formula preferred; avoid oil filled soft gel

- Natrol Vitamin D3 5,000 IU Fast Dissolve, 1 tablet (Vitamin Shoppe)