Vitamins and Minerals
Supplementation

• Why do we need to take vitamins / minerals?
  • Bypass creates a degree of malabsorption and sleeve creates a degree of restriction
  • You are at an increased risk of not receiving enough vitamins and minerals from your food

• We recommend **life long** supplementation

• We will regularly monitoring your blood values in order to measure body requirements
  • 3 month, 6 month, 12 month and annual appointments
Everyone
BEGIN DAY 2 POST OP (FULL LIQUIDS)
• Multivitamin
• B-complex

If Doctor Recommends
• Calcium Citrate**
• Folic Acid
• Iron
• Vitamin D
• Vitamin A
• Zinc

** For gastric sleeve patients >45 yo and all RYGB patients
Begin at 6 weeks post-op (regular diet phase)
Multi-Vitamins

- Look for a well balanced daily multi-vitamin containing 100% of daily value (Multi-plus, Multi-Complete)
  - Choose a complete adult formula such as
    - www.bariatricadvantage.com – discount code UCLA
    - www.bariatricfusion.com
    - www.barilife.com
    - www.PatchMD.com - Available at 100 UCLA Medical plaza
    - www.procarenow.com – Bariatric one a day

- **Route/Form:**
  - Capsule
  - Chewable/Chew
  - Liquid: usually 30 cc once a day
  - Transdermal patch
  - NO GUMMIES!
  - NO children’s formulas!
B-Complex

• Well balanced daily B-complex that includes:
  • B1, B6, B9 and B12

Route/Form:
• Capsule, Chewable, or Liquid
• Take as directed on the bottle unless otherwise specified by your Doctor
Calcium

- **Name**: Calcium Citrate

- **Route/Form**: 
  - Capsule, patch, chewable, or liquid

- **Oral Dose**: 
  - 1000-1200 mg per day PLUS 400-800 IU Vitamin D
  - 500 – 600 mg is absorbed at one time
  - Space at least 3 hours apart
  - If taking an iron supplement space iron and calcium apart by 2-3 hours.
**American Society for Metabolic and Bariatric Surgery**  
**ASMBS Guidelines**

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>ASMBS Guidelines</th>
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</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>5,000- 10,000 IU/day</td>
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<tr>
<td>Vitamin D3</td>
<td>3,000 IU/ day</td>
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<tr>
<td>Folic Acid</td>
<td>400- 800 mcg/ day</td>
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<td></td>
<td>(Women of childbearing age 800-1000 mcg/ day)</td>
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<tr>
<td>Vitamin B12 (Cobalamin)</td>
<td>350- 500 mcg/ day</td>
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<tr>
<td>Vitamin C</td>
<td>120 mg/ day</td>
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<tr>
<td>Thiamin B1</td>
<td>12 mg/ day</td>
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<tr>
<td>Biotin</td>
<td>600 mcg/ day</td>
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<tr>
<td>Calcium</td>
<td>1,200- 1,500 mg/ day</td>
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<tr>
<td>Iron</td>
<td>45- 60 mg/day</td>
</tr>
<tr>
<td>Zinc</td>
<td>16- 22 mg/day</td>
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<tr>
<td>Copper</td>
<td>2 mg/day</td>
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<tr>
<td>Vitamin K</td>
<td>90-120 mcg/ day</td>
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<tr>
<td>Vitamin E</td>
<td>15 mg/ day</td>
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Fiber Supplement

• Why do you need it?
  • Promote regularity, prevent constipation

• Dose:
  • Variable per person, as needed

• Forms:
  • Powder: Metamucil, Benefiber, Psyllium Husks

• Note: 64 oz of water and exercise helps move things along
Probiotics
May begin with full liquids, day 2 post op

- Helps promote gut health, healthy microbiota
  - Promotes maintaining a healthy weight
- May help with bowel movements
- May help defend against post-operative infection
- Suggested route:
  - Yogurt, kombucha tea, kefir, capsules
- At least 10 billion CFU
  - Better to be refrigerated
  - Look for date “at time of expiration”
    - NOT “time of manufacture”