

Vitamin and Mineral Supplementation for Adjustable Gastric Band and Gastric Sleeve

- Multivitamin (MVI) with Minerals

Tips:

- Take 1 **chewable** or **liquid** MVI for the first 4 weeks then chewable, liquid or gel cap after 4 weeks and for a lifetime.
- MVI must contain 100% RDA for iron (18 mg), folic acid (400 mcg), and thiamin (1.5 mg).
- Take with food (except dairy) to help with absorption.

- Calcium

Tips:

- Be sure to choose products that are calcium citrate. Avoid calcium carbonate (Tums[®], Viactiv[®], OsCal[®]), oyster shell, bone meal, etc.
- Look for **elemental** calcium on the label and adjust your dose to make sure you're getting 500-600 mg of **elemental** calcium. Take 500-600 mg three times per day, separated by at least 2 hours (see schedule below).
- Choose chewable, liquid for the first 4 weeks and chewable, liquid or gel cap after 4 weeks and for a lifetime.
- Must contain Vitamin D (at least 400 IU) and Magnesium.

Suggested Timing of Supplements

	Extra Iron	No Extra Iron
With fluid before Breakfast	1 multivitamin	1 multivitamin
Snack	500-600 mgs calcium	500-600 mgs calcium
Lunch	500-600 mgs calcium	500-600 mgs calcium
Snack		
Dinner	500-600 mgs calcium	500-600 mgs calcium
Snack		