

Johns Hopkins Bayview Medical Center Suggested Vitamin/Mineral Supplements Where Can I Find My Vitamin and Mineral Supplements After My Weight Loss Surgery?



NOTE: If “No Iron” or less than 18 mgs per dose noted below, need additional iron (minimum of 18mgs per day for gastric band and sleeve; min. 36 mgs/day, if low-risk for iron deficiency, for GBP and D/S; 54-65 mgs overall of iron per day if high-risk for iron deficiency, but check with your team to be sure).

NOTE: Prices below may vary, especially if GBP or D/S, since you will need higher doses in general.

Chewable Multivitamins:

	Price	Location
Flintstones Complete	\$6.99	Target / Walmart
Kirkland Chewable Children’s (NO IRON)	\$19.99	Costco; www.vitalady.com
One A Day Scooby Doo Complete	\$7.49	Target / Walmart
One A Day Bugs Bunny	\$7.33	Walmart
Bariatric Advantage (NO IRON)	\$16.95	www.bariatricadvantage.com
Centrum Chewable	\$6.99	Safeway
Celebrate Chewable (NO IRON)	\$15.95	www.celebratevitamins.com

Liquid/Powder Multivitamins with Minerals:

	Price	Location
Tropical Oasis: Tropical Plus (8 mgs iron)	\$29.95	www.tropicaloasis.com
NEW One-a-Day2 Powder Packet	\$9.99	www.drugstore.com
Child Life Multivitamin & Mineral Orange Mango (NO IRON)	\$10.62	www.vitacost.com
Nature’s Plus Source of Life Liquid Multivitamin with Minerals (4.5 mgs iron)	\$24.33	www.vitacost.com

Gel Cap Multivitamins

	Price	Location
Nature Made Liquid Gel Multi (180) Complete (Must say “Complete”)	\$24.99	www.tulumba.com
Children’s Vita Gels (5 mgs Iron)	\$20.62	www.vitaminlife.com

Calcium Citrate – Chewable:

	Dose	Price	Location
Bariatric Advantage	400 mg	\$19.95	www.bariatricadvantage.com
Twin Lab	250 mg	\$15.99	drugstore.com
Celebrate	1000 mg	\$9.50	www.celebratevitamins.com

Calcium Citrate – Liquid:

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	Dose (per TBSP)	Price	Location
Tropical Oasis	252 mg	\$29.99	GNC
Magnesium with D	252 mg	\$29.99	GNC
Welless Liquid Calcium	500 mg	\$8.99	Target

Calcium Citrate – Capsules/Liquid Gel Caps:

	Dose	Price	Location
Citrical+D	200 mg	\$11.58	Target / Walmart
Nature Made Soft Gels (100 ct)	600 mg	\$12.99	Target

Iron – Chewable or Liquid:

	Dose	Price	Location
Bariatric Advantage	18 mg	\$21.95	www.bariatricadvantage.com
Celebrate	29 mg	\$9.95	www.celebratevitamins.com
Ferretts IPS Liquid	40 mg	\$19.95	www.betteriron.com

Iron – Capsules/Liquid:

	Dose	Price	Location
Feosol	45 mgs	\$20.02	Target / Walmart
Ferretts IPS Liquid	40 mgs	\$19.95	www.pharmics.com
Vitron-C	200 mgs	\$14.60	CVS
Natrol Liquid Iron	15 mgs	\$19.99	www.Target.com
Bifera	28 mgs	\$19.99	Walgreens/www.walgreens.com

B₁₂ – Sublingual:

	Dose	Price	Location
GNC	1000 mcg	\$6.99	GNC
Bariatric Advantage	1000 mcg	\$17.95	www.bariatricadvantage.com
Rexall (100 count)	500 mcg	\$20.11	Walmart

ADEK (Duodenal Switch Patients):

	Dose	Price	Location
SourceCF gel caps ADEK		\$21.45	www.sourcecf.com
Bariatric Advantage		\$36.95	www.bariatricadvantage.com
Celebrate		\$15.95	www.celebratevitamins.com

NOTE: Only select chewable or liquid supplements the first 4 weeks after your surgery.

Avoid taking calcium and iron or calcium and multivitamins with iron at the same time, for better absorption.

****Kosher and/or gluten-free vitamins/minerals may be found at: http://www.vitalady.com/cgi-bin/commerce.cgi?search=action&keywords=kosher&template=Templates/sr_kosher.html*

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