

Multivitamin-Mineral Supplements

- For the first month after bariatric surgery, use chewable or liquid vitamins.
- Progress to whole tablet/capsule as tolerated.
- Avoid children's formulas as these can be incomplete.

Bariatric Multivitamin/Mineral Supplement List

Company	Telephone Number	Website
Bariatric Advantage	1-800-898-6888	www.bariatricadvantage.com
Bariatric Fusion	1-866-259-0602	www.bariatricfusion.com
Building Blocks	1-877-419-1568	www.bbvitamins.com
Celebrate Bariatric Supplements	1-877-424-1953	www.celebratevitamins.com
Optisource	1-800-828-9194	www.resource.walgreens.com
*Nascobal	1-855-828-1488	www.nascobal.com
Vemma Multivitamin/Multimineral Supplement	Lisa Hand • 609-661-3894 Mike Stalba • 609-685-9320	www.Vemma.com www.Healthyliving4life.vemma.com

What about other chewable multivitamin/mineral supplements —

- Don't always contain enough calcium
- Calcium isn't always calcium citrate which is absorbed more easily than other kinds of calcium (i.e. calcium carbonate)
- You may need to take additional calcium supplements.
- Spread out when you take your calcium supplements.
- For better absorption, calcium should be taken at least 2 hours apart. It is best to take your calcium supplements with meals.

Vitamin B₁₂

Intrinsic factor (IF) is produced by the stomach cells. Certain conditions can cause IF deficiency. Vitamin B₁₂ deficiency (pernicious anemia) occurs with a lack of IF production or use, because IF is needed for B₁₂ absorption.

Tips for Remembering to Take Your Supplements

- Set the alarm on your cell phone.
- If you spend a lot of time at a computer, set a pop-up reminder.
- Put all of your pills in a bag and keep it in your pocket.
- Place supplements in places you go to at certain times
 - For example, put multivitamins by the toothpaste.
- Buy supplements that taste good to you, such as chewable multivitamins.
- Take supplements when you perform certain daily tasks, such as eating (best time).

