

Chewable and Dissolvable Supplements for the first 4 to 6 Weeks after Bariatric Surgery

These supplements are recommended for the first 4 to 6 weeks after surgery. After 4 to 6 weeks, it is important to switch to a pill form for your vitamin and mineral supplements unless you have been advised to stay on chewables by the bariatric health team. If you have any difficulty finding recommended brands, please refer to the “Vitamin and Mineral Summary” handout or contact your registered dietitian.

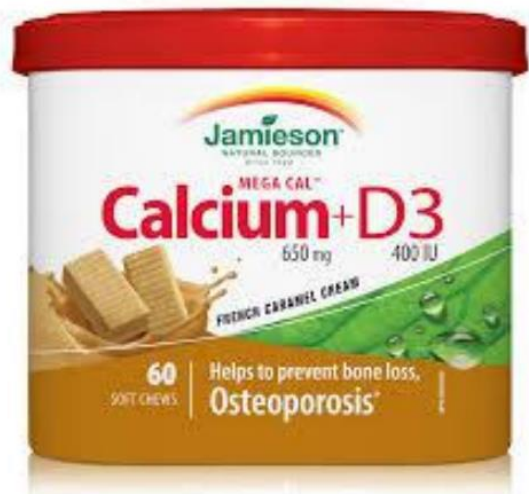
Multivitamin minerals – Chewable

- Take 2 per day - may take both at the same time, with meals
- Take 2 hours apart from calcium supplement
- Do not take children’s multivitamins or adult gummies; Do not continue chewable vitamins unless discussed with your dietitian



Calcium with Vitamin D – Chewable

- Take 2 chews per day in separate doses, i.e. 1 at lunch, 1 at dinner
- Take chews at least 2 hours apart and 2 hours away from your multivitamin-mineral



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Vitamin B12 – Dissolvable OR Injection

- Take 1 strip or dissolvable tablet (1000 mcg) every other day
- OR

Vitamin B12 injection (needle shot) 1000 mcg every month with your family doctor

- Take vitamin B12 with your multivitamin-mineral
- Do not take “timed” or “extended” release tablets

