

Vitamin/Mineral Supplements for Pregnancy after Bariatric Surgery

Proposed Schedule

Time of Day	Supplementation
Breakfast	1x Prenatal Multivitamin + Folic Acid 400mcg + Vitamin B12 1000mcg every other day
Lunch	Calcium Citrate 600mg + Vitamin D 400IU (Please note that you may need additional vitamin D supplement)
Dinner	Calcium Citrate 600mg + Vitamin D 400IU
Bedtime	Iron (as recommended by your health care provider)

* Please note that your vitamin and mineral supplements may change based on bloodwork review.

* Avoid additional vitamin A supplements and retinol from skincare/cosmetic products

* Please refer to high-risk pregnancy clinic for personalized recommendations

Prenatal Multivitamins – Take 1 pill daily, choose one of the following



Folic Acid – Take 1 pill daily



Vitamin B12 – Take 1000mcg every other day, choose one of the following



Calcium Citrate + Vitamin D – Take 2 pills two times daily, choose one of the following

