

Vitamins and Minerals after SADI Surgery

When you get home from the hospital, start taking your chewable vitamins and minerals. Alternatively, you can crush pills or cut open gel caps and mix with apple sauce or yogurt.

After 4 weeks, switch to whole pill form. Do NOT take children's, extended release, or gummy vitamins as they are not complete and will not be properly absorbed after surgery.

Recommended Vitamin Mineral Schedule

TIME	SUPPLEMENT
BREAKFAST	Prenatal Multivitamin x 2 pills Vitamin A 10,000 units B12 1000 mcg (or B12 1000 mcg injection monthly)
SNACK	Calcium Citrate 600 mg Vitamin D 1000 units
LUNCH	Calcium Citrate 600 mg Vitamin D 1000 units Vitamin E 400 units
DINNER	Calcium Citrate 600 mg Vitamin K 300 mcg
BEDTIME	Iron (as needed, based on bloodwork)

**Speak to your family doctor or local pharmacist about possible interactions with other medications you may be taking. This may affect your vitamin and mineral schedule.*



Specialty SADI Bariatric Advantage Options

CHEWABLE SUPPLEMENTS (first 4-6 wks)	
Time	Supplement
Breakfast	ADEK Multivitamin x 1
AM Snack	Calcium Citrate 500 mg
Lunch	Calcium Citrate 500 mg
PM Snack	Calcium Citrate 500 mg
Dinner	ADEK Multivitamin x 1
Bedtime	Calcium Citrate 500 mg

PILL FORM SUPPLEMENTS (for life)	
Time	Supplement
Breakfast	ADEK Multivitamin x 1
AM Snack	Calcium Citrate 600 mg
Lunch	Calcium Citrate 600 mg
PM Snack	Calcium Citrate 600 mg
Dinner	ADEK Multivitamin x 1
Bedtime	Iron 45mg



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**SADI Vitamin Minerals are available online on the USA website only, shipping, duty, & tax may apply:

Bariatric Advantage USA Website ONLY www.bariatricadvantage.com

You can also find these products online at store.bariatricpal.com

**Separate
Calcium from
MVM & Iron by
at least 2 hours**