



Multivitamin Supplements

*You must take **multivitamins** for the rest of your life. **Wait 2 hours** between taking your multivitamin supplements and your calcium, vitamin D, or iron supplements. The following may be purchased at Shoppers, Walmart, Amazon.ca, or BariatricAdvantage.ca*

Brand Name		Cost	Dose
Centrum Prenatal		\$21-24 / 100 tablets	2 pills daily
Life Spectrum Prenatal Postpartum		\$20 / 100 tablets	2 pills daily
Naturelo Bariatric		\$22 / 60 tablets	1 pills daily

Multivitamin Supplements

Brand Name		Cost	Dose
Equate Prenatal		\$23 / 250 tablets	2 pills daily
Jamieson Prenatal Chewable With Iron		\$22 / 60 tablets	2 chews daily
Bariatric Advantage Chewable (Mixed Fruit)		\$50 / 90 tablets	3 chews daily