

# Vitamin and Minerals after Bariatric Surgery

Here is a recommended guideline for taking vitamins and minerals.

## **Multivitamin minerals** containing at least **18mg Iron** and **1mg Copper**

- 2 per day – may take both at the same time
- Take with meals
- Take 2 hours apart from Calcium
- Do not take children’s multivitamins or gummies



## **Calcium citrate with Vitamin D**

- Aim for 1200-1500 mg of **calcium citrate** with 800-1200 IU of vitamin D each day
- Take in separated doses
  - Usual dose of calcium is 500 mg to 600 mg **2 to 3 times a day**
  - Usual dose of vitamin D is 400 IU
- Take each dose at least 2 hours apart and 2 hours away from multivitamin mineral supplement

## **Vitamin B12**

Choose 1 option

- 250 mcg twice a day **or**
- 500 mcg /day **or**
- 1000 mcg every other day **or**
- 1200 mcg every 3rd day **or**
- Injection from your doctor every month

## **Other**

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