

Chewable, Liquid or Dissolvable Supplements for 4 to 6 weeks after Bariatric Surgery

These supplements are recommended as they are easier to digest and tolerate. It is important to follow these recommendations as you will not be able to achieve the needed vitamins from food. After 4-6 weeks you can change to pill form of your vitamins.

Multivitamin and Mineral Supplements – Chewable

Take with your meals and 2 hrs apart from Calcium. Do NOT take children’s vitamins or gummies.

Make sure there is iron in your multivitamin. You will not be able to achieve all of your iron needs for the first 4-6 weeks. **Prenatal** multivitamins/minerals contain higher quantity of iron so you will need only one of these.

Examples:

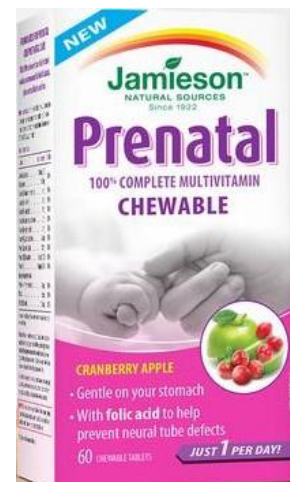
Take 2 per day of this brand



2 per day of this brand



1 per day of this brand



Vitamin B12 – Dissolvable

Take one strip or dissolvable tablet (1000mcg) **every other day**. Do not take timed release tablets.



OR



Calcium and Vitamin D – Chewable or Liquid

Take calcium 2 hours away from your multivitamin-mineral supplement

Examples:

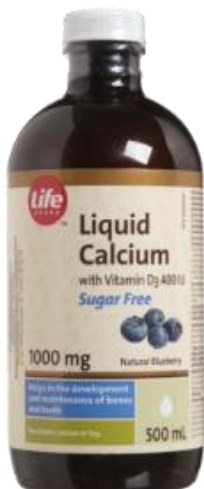
Take three chews per day.



OR



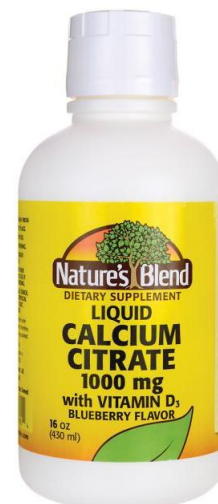
OR take 4 tablespoons (60ml) per day of liquid calcium citrate



OR



OR



PROTEIN POWDER AND PROTEIN SUPPLEMENT DRINKS

Located in various drug stores, Costco, sports nutrition shops, health food stores, grocery stores etc.

- 1. Protein powder – milk (whey protein isolate), soy or vegetable plant based to mix into foods**

Example: Whey Gourmet, Weider Ultra Whey Protein, Kaizen, Leanfit, Whey Isolate Splash, Vega etc.

- 2. Protein shakes - ready to drink containers**

Example: Premier Protein, EAS Myoplex Lite, Milk 2 Go Sport, GNC Lean Shake, Weider Pure Pro Shake and others.

Per scoop /serving look for:

Less than 5 gm sugar

At least 20-40gm protein

Consume 60-80 grams of protein each day after surgery from supplement drinks, powder and food.