

## Vitamin Tips

\*\*It is imperative to take these vitamins for the rest of your life.\*\*

### Gastric Bypass Patients

<b>Vitamin</b>	<b>First Six Weeks</b>	<b>After Six Weeks</b>
<b>Multi-vitamin</b>	<b>2 chewable children's Flintstone's Complete Vitamin (no gummy multivitamins allowed due to lack of iron!)</b>	<b>Can continue with chewables or 1 adult multi-vitamin (non-chewable per day)</b>
<b>Calcium</b>	<b>4 regular strength Tums per day OR 3 chewable Calcium Caltrate or Calcium Citrate</b>	<b>Must continue with same regimen</b>
<b>Vitamin D</b>	<b>1 chewable Vitamin D **This must be taken if you are taking the Tums only!**</b>	<b>Continue with same regimen</b>
<b>B12</b>	<b>1 500 mcg tablet (sublingual) per day or 1 injection per month (must be prescribed by health provider)</b>	<b>Continue with same</b>

### Vitamin Regimen

<b>Timing of Vitamin Consumption</b>
<b>700 am- 1 chewable Flintstone's Complete vitamin and B12 tablet</b>
<b>900 am- 1 Calcium Caltrate or 1 Tums</b>
<b>1200 pm- 1 chewable Flintstone's Complete vitamin</b>
<b>200 pm- 1 Calcium Caltrate or 1 Tums</b>
<b>500 pm- 1 Calcium Caltrate or 1 Tums</b>
<b>700 pm – 1 chewable Vitamin D</b>

## Acceptable Vitamins

Caltrate 600+D3- take 3 daily even though bottle says 2

Caltrate 600+D3 Soft Chews- take 3 daily even though bag says 2

Caltrate Gummy Bites- take 3 daily even though bag says 2

Tums regular- take 4 daily

Vitamin D3- 1000 IU (**these can be gummies.** Spring Valley brand at Walmart)

Vitamin B12- 500 mcg sublingual (Spring Valley brand at Walmart)

**\*\*Avoid any vitamins that say “ultra”, “super”, and “mega”\*\***

**\*\*Iron unnecessary to take unless specified by health care provider\*\***