

Lifetime Vitamin/Mineral Supplement Checklist

Remember to wait 2-3 hours between taking multivitamin and calcium supplement because the iron from the multivitamin and calcium will compete for absorption!

Two (2) chewable multivitamins with 100% daily iron (choose from below):

- Flintstone **Complete** or generic equivalent. **NO GUMMIES**
- ProCare (procarenow.com)-only need to take ONE CHEWABLE per day
- OPURITY™ by Unjury® (www.OPURITY.com) – only need to take ONE CHEWABLE per day
- Bariatric Advantage® (www.bariatricadvantage.com)-must take iron supplement in addition to this vitamin
- Prenatal chewable (requires a prescription)
- Celebrate Bariatric Supplements (www.celebratevitamins.com)

Vitamin B12 (choose from below):

- Nasal spray (requires a prescription):
 - Nascobalâ: 1 spray in 1 nostril once a week www.nascobal.com
- Sublingual: 500 mcg/1 x day (If it has 1,000 mcg, can do every other day). Do NOT purchase 2,500 mcg!
- Shot: 1,000 mcg/1 x month

Calcium **Citrate** with vitamin D: 1200 mg/day (1500 mg/day postmenopausal women and adolescents). Make sure you take “CITRATE” not carbonate!

(Remember the body can not absorb all 1200-1500 mg at once so you must break up into smaller doses!). Choose from below:

- Citracal® with vitamin D or generic equivalent- 4 pills/day (take 2 pills with lunch, take 2 pills with dinner) **Band patients must crush!**
- Citracal® with vitamin D Petites or generic equivalent- 6 pills/day (take 3 pills with lunch, take 3 pills with dinner)
- Bariatric Advantage® Calcium with vitamin D chewable - 3 lozenges/day OR 5 chewy bites/day (www.bariatricadvantage.com)
- OPURITY™ by Unjury® Calcium Citrate Plus chewable- 4/day
- Celebrate Bariatric Supplements Calcium with Vitamin D chewable - 3/day (www.celebratevitamins.com)

Protein Requirements 75-100 grams daily