

Non-chewable Life Long Vitamin and Mineral Plan: Mega Multi for Women by 21st Century

- Make a lifelong commitment to taking your vitamins as directed.
- Make this a daily routine. You are encouraged to start this plan prior to surgery.
- At 1 month after surgery and beyond, use this plan. Follow chewable plan for the first 1 month after surgery.
- Vitamin and mineral requirements may change based on individual needs or product changes over time.

Breakfast	Options	Directions	Dosage
Mega Multi for Women by 21st Century		Swallow oral tablet	1 tablet
Vitamin D		This is in addition to the Vitamin D in the Calcium Citrate	2000 International Units (IU)
Vitamin B12 Oral	Choose Oral <u>OR</u> Sublingual	Swallow oral tablet	500 mcg dose
Sublingual		Place beneath the tongue.	500 mcg dose

***Your provider may recommend monthly B12 shots if other B12 supplements are not effective for you. No additional B12 may be needed for people with the gastric band.**

Lunch	Options	Directions	Dosage
Calcium Citrate with vitamin D		Swallow oral tablet	1 tablet = 400-600 mg calcium with 200-400 IU vitamin D
Magnesium		Swallow oral tablet	300-500 mg dose

Dinner	Options	Directions	Dosage
Mega Multi for Women by 21st Century		Swallow oral tablet	1 tablet
Ferrous Sulfate (Iron)		Best absorbed when taken with red meat. Avoid taking with calcium supplement.	325 mg dose = 65 mg elemental iron

Bedtime	Options	Directions	Dosage
Calcium Citrate with vitamin D		Swallow oral tablet	1 tablet = 400-600mg calcium with 200-400 IU vitamin D

Another Good Supplement

- **Omega 3** 1000-3000 mg each day. Use the liquid form or capsules, if tolerated. You may begin taking this supplement eight weeks after surgery.

Mega Multi by 21st Century Vitamin and Mineral

Shopping List for non-chewable plan:

Mega Multi for Women by 21st Century

This vitamin is available at:

- MeritCare Mills Pharmacy
- Online at www.amazon.com or other online shopping sites.



You will also need to purchase the following items

___ Vitamin D 2000 International Units (IU)

___ Vitamin B12 – oral 500 mcg

- or -

___ Vitamin B12 – sublingual 500 mcg

Your provider may recommend monthly B12 shots.

___ Calcium Citrate with vitamin D

(400-600 mg Calcium with 200-400 International Units (IU)
vitamin D per tablet)

___ Magnesium 300-500 mg

___ Ferrous Sulfate (Iron) 325 mg = 65 mg elemental iron **or**

Bariatric Advantage® Ferronyl® carbonyl iron – chewable

Chewable Vitamin and Mineral Plan

*For the first month after surgery, you will only need to take

Bariatric Advantage Multi with A, D, E, K

one tablet three times per day:

Breakfast : **Take one tablet**
Lunch: **Take one tablet**
Dinner: **Take one tablet**

*If you remain on this multiple vitamin past one month, then you will need to take the additional vitamins and minerals in this plan

Breakfast	Options	Directions	Dosage
Bariatric Advantage with extra A, D, E, K		Chew	1 tablet
*Vitamin B12 - Oral or Sublingual	Choose oral or sublingual	Swallow oral tablet Place beneath the tongue	1 (500 mcg) tablet 1 (500 mcg) tablet
* Your provider may recommend monthly B12 shots instead.	*(No need for gastric band patients)		
Lunch	Options	Directions	Dosage
Bariatric Advantage with extra A, D, E, K		Chew	1 tablet
Calcium Citrate with vitamin D	Chewable or lozenge forms	Form selected will vary – will need one lozenge or 2 calcium chews	400-500 mg calcium with 250-400 IU vitamin D
Magnesium	Start after 1-2 months (this is not chewable)	Swallow oral tablet	1 (300-500) mg tablet
Dinner	Options	Directions	Options
Bariatric Advantage with extra A, D, E, K		chew	1 tablet
Ferronyl Carbonyl (Iron) – chewy bite		Best absorbed when taken with red meat. Avoid taking with calcium supplement.	1 (29 mg) chewy bite
Bedtime	Options	Directions	Dosage
Calcium Citrate with vitamin D		Form selected will vary – will need one lozenge or 2 calcium chews	400-500 mg calcium with 250-400 IU vitamin D

Other Good Supplements

- **Omega-3** 1000-3000 mg each day. Use the liquid form (lemon or orange flavored) or capsules, if tolerated. Begin taking this supplement eight weeks after surgery.
- **Iodine.** Bariatric Advantage Multiple vitamin does not contain Iodine. If you are pregnant or planning to become pregnant, you may need to take an additional iodine supplement.

Bariatric Advantage® Chewable Vitamin and Mineral Shopping List

Bariatric Advantage® with extra A, D, E and K

Available on line at

www.bariatricadvantage.com

Use code BA74089 to get items listed on this page

You may also order by phone at
1-800-898-6888



You will also need to buy the following items:

____ Bariatric Advantage® Calcium Citrate with vitamin D
(400-600 mg Calcium with 100-500 IU vitamin D per serving)
lozenges,
crystals,
or chewy bites

____ Bariatric Advantage® Ferronyl® carbonyl iron – chewable

____ Magnesium 300-500 mg tablet (any brand)

____ Vitamin B12 – oral 500 mcg
or Vitamin B12 – sublingual 500 mcg