



BARIATRIC SUPPLEMENTATION SCHEDULE

This schedule has been created to assist you in eliminating any confusion regarding when to take your recommended supplements.

As always, **Texas Laparoscopic Consultants** recommends that you use vitamins/mineral supplements that are formulated with weight loss surgery needs in mind. Therefore, we carry these supplements at the office and online at www.tlcsurgery.com (click on eStore).

	BREAKFAST	MID-AM	LUNCH	MID-PM	DINNER	BEDTIME
GASTRIC BYPASS	1 Multi-Complete OR 1 Multi-vitamin	1 Calcet Creamy Bite or 500 mg calcium citrate	1 sublingual B-12	1 Calcet Creamy Bite or 500 mg calcium citrate	1 Multi-Complete OR 1 Multi-vitamin & 30 mg iron	1 Calcet Creamy Bite or 500 mg calcium citrate
SLEEVE GASTRECTOMY	1 Multi-Complete OR 1 Multi-vitamin	1 Calcet Creamy Bite or 500 mg calcium citrate	1 sublingual B-12	1 Calcet Creamy Bite or 500 mg calcium citrate	1 Multi-Complete OR 1 Multi-vitamin & 30 mg iron	1 Calcet Creamy Bite or 500 mg calcium citrate
LAP BAND	1 Multi-AGB	1 Calcet Creamy Bite or 500 mg calcium citrate		1 Calcet Creamy Bite or 500 mg calcium citrate	1 Multi-AGB	1 Calcet Creamy Bite or 500 mg calcium citrate

REMEMBER: Take your multi-vitamin WITH food (calcium citrate does not need to be taken with food). Do not take calcium and iron within 2 hours of each other.