



VITAMIN SUPPLEMENTATION BASIC GUIDELINES

<p style="text-align: center;">Laparoscopic Adjustable Banding (“Band”) and Gastric Plication</p>	<p style="text-align: center;">RNY Gastric Bypass (“Bypass”) and Sleeve Gastrectomy (“Sleeve”)</p>
<p>Option A: Celebrate Multi-AGB (take 2/day) Calcet Creamy Bites (2-3/day) OR Bariatric Advantage Calcium Chewy Bites (4-6/day)</p> <p>Option B: Celebrate Multi-Complete* (take 1/day) Calcet Creamy Bites (3/day) OR Bariatric Advantage Calcium Chewy Bites (6/day)</p> <p>Option C: Bariatric Advantage Multi-vitamin (take 1/day) Chewable Iron 16mg/day Calcet Creamy Bites (3/day) OR Bariatric Advantage Calcium Chewy Bites (6/day)</p>	<p>Option A: Celebrate Multit-Complete** (take 2/day) Calcet Creamy Bites (3/day) OR Bariatric Advantage Calcium Chewy Bites (6/day)</p> <p>Option B: Celebrate Multit-vitamin+ (take 2/day) Celebrate or Bariatric Advantage 30mg Chewable Iron Calcet Creamy Bites (3/day) OR Bariatric Advantage Calcium Chewy Bites (6/day)</p> <p>Option C: Bariatric Advantage Multi-vitamin (take 2/day) Celebrate or Bariatric Advantage 30mg Chewable Iron Calcet Creamy Bites (3/day) OR Bariatric Advantage Calcium Chewy Bites (6/day) Celebrate or Bariatric Advantage Sublingual B12 500-1000mcg/day</p>

* The Celebrate Multi-Complete contains 36 mg of elemental iron.

+ The Celebrate Multi-Complete and the Celebrate Multi-Vitamin contain 350 mcg of Vitamin B₁₂.

REMEMBER: Calcium and iron should be taken 2 hours apart.

All supplements are available for purchase at the office or on-line at WWW.TLCSURGERY.COM (click on e-store).