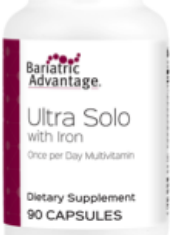













# Do you know which vitamins you need?

| Surgery Type  | Multivitamin: Choose One  | And also get a bag of Calcium  |
|---|---|--|
| <p><b>Gastric Bypass</b></p>  | <p>Ultra Solo with Iron x 1<br/>- or -<br/>Advanced Multi EA x 2</p> <div style="display: flex; justify-content: space-around;">   </div>             | <p>Calcium Chewy Bites x 3</p>    |
| <p><b>Duodenal Switch</b></p>   | <p>Ultra Solo with Iron x 1<br/>- or -<br/>Advanced Multi EA x 2</p> <div style="display: flex; justify-content: space-around;">   </div>             | <p>Calcium Chewy Bites x 4-5</p>  |
| <p><b>Sleeve needing Iron</b><br/>- Menstruating Female<br/>- Anemic Male<br/>- Anemic Female</p>                       | <p>Ultra Solo with Iron x 1<br/>- or -<br/>Advanced Multi EA x 2</p> <div style="display: flex; justify-content: space-around;">   </div>           | <p>Calcium Chewy Bites x 3</p>   |
| <p><b>Sleeve do not need Iron</b><br/>- Non-Anemic Male<br/>- Post-Hysterectomy/ Post-Menopausal/ Non-Anemic Female</p> | <p>Ultra Solo WITHOUT Iron x 1<br/>- or -<br/>Multivitamin Soft Chew x 2</p> <div style="display: flex; justify-content: space-around;">   </div> | <p>Calcium Chewy Bites x 3</p>  |

# Sample Vitamin Schedule

Choose either Option A (capsule), Option B (chewable) or Option C (soft chew)

Remember to keep Iron and Calcium at least 2 hours apart to prevent malabsorption.

Spread out your vitamins. Take with food or protein shake to prevent stomach ache.

Do not double up on dose. Take one at a time.

May take Vitamin D, fish oil, Biotin, probiotics, etc with MV or Calcium.

| Options                        | Breakfast  | AM Snack                 | Lunch  | PM Snack                 | Dinner                   | Bedtime |
|--------------------------------|--|--------------------------|--|--------------------------|--------------------------|---------|
| Option A<br>Capsule            | Ultra Solo<br>(with or<br>without Iron)<br>1 capsule | Calcium<br>Chewy Bite 1x | Calcium<br>Chewy Bite 1x                     | Calcium<br>Chewy Bite 1x |                          |         |
| Option B<br>Chewable<br>Tablet | Advanced<br>Multi EA<br>1 chewable<br>tablet         | Calcium<br>Chewy Bite 1x | Advanced<br>Multi EA<br>1 chewable<br>tablet | Calcium<br>Chewy Bite 1x | Calcium<br>Chewy Bite 1x |         |
| Option C<br>Soft Chew          | Celebrate<br>1 MV Soft<br>Chew                       | Calcium<br>Chewy Bite 1x | Celebrate<br>1 MV Soft<br>Chew               | Calcium<br>Chewy Bite 1x | Calcium<br>Chewy Bite 1x |         |