

# Bariatric Vitamins Sample Schedule - SLEEVE GASTRECTOMY (WITH IRON)

- Follow these guidelines if you are ANEMIC (low in iron) or MENSTRUATING
- You will need to take your vitamins every day for the rest of your life. Surgically changing the stomach decreases the ability to fully absorb nutrients from food.
- Remember to spread out your vitamins throughout the day. Do not take your vitamins all together as this can cause nausea and stomach aches, and you may not absorb all the nutrients in your vitamins, specifically calcium and iron will block each other’s absorption. Keep all vitamins at least 2 hours apart.
- Our TLC office carries bariatric vitamins, in capsule or chewable form, that are formulated to quickly dissolve for optimal absorption. Supplements are also available on our website [www.tlcsurgery.com](http://www.tlcsurgery.com) through our “Vitamin Store”
- You will need multivitamins with iron, and 1500mg calcium citrate every day. DO NOT TAKE GUMMY VITAMINS!
- These bariatric multivitamins contain essential nutrients, including 500mcg B12, 3000IU Vitamin D and 45mg Iron.

Choose either Option A or Option B

Time	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Bedtime
Option A	Bariatric Advantage Ultra Solo With Iron Capsule (Multivitamin)	Bariatric Advantage Calcium Chewy Bites 500mg		Bariatric Advantage Calcium Chewy Bites 500mg		Bariatric Advantage Calcium Chewy Bites 500mg

Option B	Bariatric Advantage Chewable Advanced Multi EA Tablet (Multivitamin)	Bariatric Advantage Calcium Chewy Bites 500mg	Bariatric Advantage Chewable Advanced Multi EA tablet	Bariatric Advantage Calcium Chewy Bites 500mg	Bariatric Advantage Calcium Chewy Bites 500mg	
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