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**GASTRIC BYPASS**

**SUPPLEMENT RECOMMENDATIONS**

* Start your supplements one week after surgery.
* Be sure to take supplements with food to help prevent pouch upset and increase absorption.
* Do not take your calcium and iron supplements at the same time. You need to space them 2 hours apart. Also, **do not take your iron with dairy foods- the calcium in dairy will lower iron absorption.**
* Be sure to get your blood work done as ordered by your practitioner. If you need additional supplementation, he/she will prescribe them.
* **Basic daily list:** 2 multivitamins, iron, B-complex, calcium citrate to = 1000-1500mg,
* **Suggested additions** for optimal health: vitamin D: total 3,000-5,000 IU (check your multivitamin and calcium supplements), omega 3 fatty acids (fish oil), probiotic pills with at least 1 billion colony forming units (CFUs)***.***

**Suggested Schedule:**

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| **Meal** | **Bariatric Fusion** **OR** **Bariatric Advantage Advanced Multi EA Chewable** |
| Breakfast | 1 chewable Bariatric Fusion OR Advanced Multi EA (includes B-complex, vitamin D, and iron) |
| AM Snack | 1 calcium lozenge or chewy bite |
| Lunch | 1 chewable Bariatric Fusion (if using this brand) |
| PM Snack | 1 calcium lozenge or chewy bite |
| Dinner | 1 chewable Bariatric Fusion OR Advanced Multi EA (includes B-complex, vitamin D, and iron) |
| Evening Snack | 1 chewable Bariatric Fusion (if taking this brand) |

**3/13/2019**