



WESTERN BARIATRIC
INSTITUTE

GASTRIC SLEEVE 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:** 1 bariatric formulated multivitamin, calcium citrate to = 1000mg, iron if prescribed by your follow- up practitioner.
- **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:

Meal	Bariatric Advantage Essentials Chewable OR Celebrate Multivitamin Chewable NO Iron	Celebrate Multi-Complete Chewable OR Bariatric Advantage Advanced Multi EA Chewable	Wellesse Liquid
Breakfast	1 chewable complete formula multivitamin (includes B-complex and vitamin D)	1 chewable Multi-Complete OR Advanced Multi EA (includes B-complex, vitamin D, and iron)	1 tablespoon MultiVitamin+ 1 tablespoon Liquid Iron, if prescribed
AM Snack			
Lunch	1 calcium tablet or chewy bite	1 calcium tablet or chewy bite	1 tablespoon Liquid Iron, if prescribed
PM Snack			1 tablespoon Calcium & Vitamin D3
Dinner	1 calcium tablet or chewy bite	1 calcium tablet or chewy bite	1 tablespoon MultiVitamin+ 1 B-complex or thiamine capsule as prescribed
Evening Snack			1 tablespoon Calcium & Vitamin D3