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**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** | **Bariatric Advantage Advanced Multi EA Chewable** | **Bariatric Fusion with Iron/ or without Iron** |
| Breakfast | 1 chewable complete formula multivitamin (includes B-complex and vitamin D) | 1 Advanced Multi EA (includes  B-complex, vitamin D, and iron) | 1 chewable |
| AM Snack |  |  | 1 calcium (if needed) |
| Lunch | 1 calcium tablet or chewy bite | 1 calcium tablet or chewy bite | 1 chewable |
| PM Snack |  |  | 1 chewable |
| Dinner | 1 calcium tablet or chewy bite | 1 calcium tablet or chewy bite | 1 chewable |
| Evening Snack |  |  | Vitamin D (talk to provider to see if necessary) |

**3/13/2019**