Vitamin Information – RYGB/Sleeve. Take Vitamins For <u>THE REST OF YOUR LIFE</u> ROB 10/4/2011

WHAT	HOW MUCH	WATCH OUT!	WHY	WHEN
Multivitamin (with iron) Regular →	1 TWICE a day Chewable Centrum® LACKS Selenium but you can take selenium as 200mcg three days a week in ADDITION to centrum chews.	AVOID AGE or SEX specific: prenatal, mens, womens, kids These lack minerals. Get a brand containing IRON. GOOD; Centrum, Walmart Equate, Costco Kirkland, Kaiser Adult's Daily Formula	Prevents Vitamin A deficiency Vitamin K deficiency Copper and Zinc deficiency (Visual, clotting, bone marrow, skin problems).	Start taking months BEFORE surgery
B12 (CYANOCOBALAMIN)	Minimum 3000 mcg total per week 1000mcg daily is ok	UNDER THE TONGUE ("sublingual") Will NOT be absorbed if swallowed.	Prevents	RESUME immediately after surgery
B 1	50-100mg of B1 (THIAMINE)	Continue this EVEN if you have nausea and vomiting. Deficiency occurs very quickly.	Prevents • brain and nerve damage	
Vitamin D → In addition to Vitamin D in calcium citrate.	2000iu D3 or D2 a day	MINIMUM 4000iu TOTAL/ day 800 from 2 multivitamins + 1500iu from calcium plus D + 2000iu vitamin D tablet.	Prevents Bone disease(osteoporosis and osteomalacia) Muscle and bone pain Fatigue and Falls	
Ferrous fumarate or Ferrous gluconate (approx 60mg IRON)	Menstruating women need DAILY iron. EVERYONE needs iron eventually. NO Ferrous Sulfate NO Slow release	HELPS absorption: Vitamin C 500mg. NOT Orange juice. PREVENTS absorption: Tea, Meals, Multivitamin, Calcium. Take 2 hrs APART from these. Severe deficiency: Ferrimin 150 (www.dialyvite.net 1866-358-9773)	Prevents • iron deficiency anemia	Iron is easiest to take JUST BEFORE BED TIME. RESUME TWO weeks after surgery
Calcium CITRATE plus D → LOOK at the SERVING SIZE	2 tablets three SEPARATE times a day is best. (Breakfast, Lunch and Dinner) 3 tablets twice a day is ok.	DO NOT take calcium carbonate (Tums/Caltrate/Viactive). It is NOT absorbed. GOOD;Citracal®, Costco, Equate(Walmart). CHEWS: Bariatric Advantage LIQUID: Wellesse® 1.5 Tblsp twice a day (1500mg calcium)	Prevents	RESUME TWO weeks after surgery