

# Vitamin Information – Lap-Band .

Take Vitamins for **THE REST OF YOUR LIFE** ROB 1/29/10

WHAT	HOW MUCH	WATCH OUT!	WHY	WHEN
<b>Multivitamin</b> <small>(with iron)</small>  <b>Regular</b> →	1 a day	<b>AVOID AGE</b> or <b>SEX</b> specific: prenatal, mens, womens, kids. These lack minerals. Get a brand containing <b>IRON GOOD</b> ; Centrum, Walmart Equate, Costco Kirkland, Kaiser Adult's Daily Formula	Prevents <ul style="list-style-type: none"> <li>• nutrient deficiencies</li> <li>• neurological symptoms</li> <li>• folate deficiency</li> <li>• visual disturbance</li> </ul>	Start taking months <b>BEFORE</b> surgery  <b>STOP</b> at surgery
<b>B50-100 Complex</b>	1 a day	Any Form	Prevents <ul style="list-style-type: none"> <li>• brain and nerve damage</li> <li>• anemia</li> </ul>	<b>RESUME</b> immediately after surgery
<b>Iron AS</b>  <ul style="list-style-type: none"> <li>• Ferrous fumarate</li> <li>• Ferrous gluconate</li> </ul>	All pre-menopausal women  <b>Try to avoid</b> Ferrous Sulfate	Take with Vitamin C 500mg to <b>HELP</b> absorption.  Take 2hrs <b>apart</b> from Tea, Meals, Multivitamin, Calcium as these <b>PREVENT</b> absorption. <b>GOOD</b> : Ferrimin 150 <small>(www.dialyvite.net/1866-358-9773)</small>	Prevents <ul style="list-style-type: none"> <li>• iron deficiency anemia</li> </ul>	Iron is easiest to take <b>JUST BEFORE BED TIME</b>
<b>Calcium plus D</b> preferably as  <b>CITRATE</b>	1500 mg a day total  Three <b>SEPARATE</b> times a day <small>(Breakfast, Lunch and Dinner)</small>	<b>Citrate</b> has better absorption but tablets are bigger. <b>LIQUID/Powder/chews</b> : <b>Citrate</b> : Wellesse liquid, Upcal D powder, Baraitric Advantage chews. <b>Carbonate</b> : Viactive, Costco, Tums.	Prevents <ul style="list-style-type: none"> <li>• calcium deficiency</li> <li>• osteoporosis</li> <li>• muscle cramps</li> </ul>	<b>RESUME</b> two weeks after surgery
<b>Vitamin D</b> <small>In addition to vitamin D in calcium.</small>	MINIMUM 4000iu a day. Some Vitamin D is included in your multi and Calcium Citrate	Any Form	Prevents <ul style="list-style-type: none"> <li>• heart disease and stroke</li> <li>• muscle and bone pain</li> <li>• falls</li> </ul>	<b>RESUME</b> immediately after surgery