CPP WLS Weight Loss Surgery
Sustainable Weight Loss for Lasting Health.

Understanding your vitamin prescription

This handout reviews:

- Your original vitamin prescriptions.
- How to take your vitamins, with example schedules.
- Other brands of vitamins.

Sleeve gastrectomy

You have been prescribed:

- ✓ 1 Centrum Adults Complete multivitamin per day.

- ✓ 1 calcium citrate with vitamin D per day. You have two options on your prescription:
  - Powder (to be mixed in water or in food)
  - Chewable tablet (Cical D)

- ✓ If you are a female who is menstruating (has a period), you have also been prescribed an iron pill to take every other day. If you do not tolerate Palafer iron, ask your pharmacist if you can try the other iron on the prescription (ferrous sulfate).

If you were taking vitamin D before your surgery, you should continue it.

Tips for taking your vitamins to optimize their absorption:

- If you take levothyroxine (Synthroid) for your thyroid, take it 4 hours away from your calcium.
- Space your iron 2 hours away from your calcium and multivitamin.
- Don't take your iron at the same time as heartburn medications.

Suggested vitamin schedule for sleeve gastrectomy patients:

Option 1:	**Option 2:**
Breakfast – Snack – calcium with vitamin D Lunch – multivitamin Snack – Supper – Iron before bed (every other night) for menstruating women	Breakfast – multivitamin Snack – Lunch – calcium with vitamin D Snack – Supper – Iron before bed (every other night) for menstruating women

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Gastric bypass

You have been prescribed:

- ✓ 1 Centrum Adults Complete multivitamin twice a day
- ✓ 1 vitamin B12 pill twice a day (total of 500 mcg per day)
- ✓ 1 calcium citrate with vitamin D twice a day. You have two options on your prescription:
  - Powder (to be mixed in water or in food)
  - Chewable tablet (Cical D)
- ✓ 1 iron pill to take every other day
  - If you do not tolerate Palafer iron, ask your pharmacist if you can try the other iron on the prescription (ferrous sulfate).

Tips for taking your vitamins to optimize their absorption:

- If you take levothyroxine (Synthroid) for your thyroid, take it 4 hours away from your calcium.
- Space your iron 2 hours away from your calcium and multivitamin.
- Don't take your iron at the same time as heartburn medications.

Suggested vitamin schedule for gastric bypass patients:

Option 1:

Breakfast – multivitamin
Snack – calcium with vitamin D + vitamin B12
Lunch – multivitamin
Snack – calcium with vitamin D + vitamin B12
Supper –
Iron before bed (every other night)

Option 2:

Breakfast – multivitamin
Snack –
Lunch – calcium with vitamin D + vitamin B12
Snack – calcium with vitamin D + vitamin B12
Supper – multivitamin
Iron before bed (every other night)

It is strongly recommended to organize your vitamins with a disk pill and to add reminder alarms in your phone if needed.

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Other brands of vitamins:

Vitamin	Examples of Brands
Multivitamin	**Pill multivitamins:** - Centrum Adults Complete Multivitamin (10 mg iron) - Kirkland Signature Women Multivitamin (7.5 mg iron) If you have a hard time swallowing large multivitamin pills, Centrum Minis Women 50+ are not perfect, but they are the best small pill option available on the market. Two small pills = 1 large pill multivitamin. Two small pills provide only 0.5 mg of copper and 8 mg of iron, but 15 mg of zinc. **Chewable multivitamins:** *Pill vitamins are strongly preferred because they have a more complete profile.* - Jamieson Chewable multivitamin (8 mg of iron, no copper, only 3 mg of zinc) **Gummy multivitamins are not recommended at all.**
Calcium citrate + Vitamin D	**Preferably take calcium and vitamin D together.** - CiCal D chewable pill (500 mg calcium citrate + 400 IU vitamin D) - Celebrate Calcium Soft Chew (500 mg calcium citrate + 680 IU vitamin D) – www.celebratevitamins.ca - Bariatric Advantage Calcium Citrate Chewy Bites (500 mg calcium citrate + 500 IU vitamin D) – www.bariatricadvantage.ca - Mcal liquid citrate D1000 (15 mL of liquid = 500 mg calcium citrate + 1000 IU vitamin D) - Citracal Petites capsules (2 small pills = 400 mg calcium citrate + 500 IU vitamin D) **Or, buy your calcium citrate pills (ex. Jamieson, Webber Naturals) and vitamin D separately.**
Vitamin B12	- Twinlab B12 dots (tablets dissolve in the mouth) - Webber Naturals Vitamin B12 - Jamieson Vitamin B12
Iron	**Pill:** - 300 mg ferrous sulphate (60 mg of elemental iron) **Chewable:** Both Bariatric Advantage and Celebrate have chewable iron in 30 mg doses. - www.bariatricadvantage.ca - www.celebratevitamins.ca

Always match doses to your original prescription. If you have questions, ask your team.

Paravita (https://paravita.co/) - Another option for gastric bypass patients is replacing all of your vitamins by the bariatric multivitamin Paravita (3 pills per day) + 2000 IU of vitamin D per day. (Note: Paravita has too much vitamin B12 for the average sleeve gastrectomy patient.)