

Vitamins and Minerals after SADI Surgery

When you get home from the hospital you will start taking your chewable vitamins and minerals. Alternatively, you can crush pills or cut open gel caps and mix with apple sauce or yogurt. After 4 weeks, you can switch to whole pill form. Please follow the recommended schedule below after surgery, unless advised otherwise by your doctor or bariatric team.

Over-The-Counter Products

TIME	SUPPLEMENT
BREAKFAST	Calcium Citrate 500 - 600 mg Vitamin D 1000 units Vitamin A 10,000 units B12 1000 mcg or B12 1000 mcg injection monthly
LUNCH	Calcium Citrate 500 - 600 mg Vitamin D 1000 mg Vitamin E 400 units
DINNER	Calcium Citrate 500 - 600 mg Vitamin K 300 mcg
BEDTIME	Prenatal Multivitamin x 2 pills Iron 300 mg or Feramax 150 mg (as needed based on bloodwork)

*Speak to your family doctor or local pharmacist about possible interactions with other medications you may be taking. This may affect your vitamin and mineral schedule.



Specialty Bariatric Advantage or Celebrate Products*

TIME	SUPPLEMENT
BREAKFAST	ADEK Multivitamin x 1 pill Calcium Citrate 500 - 600 mg B12 1000 mcg or B12 1000 mcg injection monthly
LUNCH	Calcium Citrate 500 - 600 mg Vitamin D 1000 units
DINNER	ADEK Multivitamin x 1 pill Calcium Citrate 500 - 600 mg Vitamin D 1000 units
BEDTIME	Iron 300 mg or Feramax 150 mg (as needed, based on bloodwork)

*Speak to your family doctor or local pharmacist about possible interactions with other medications you may be taking. This may affect your vitamin and mineral schedule.

**ADEK Multivitamins are available online at:

Bariatric Advantage USA website www.bariatricadvantage.com

Celebrate Vitamins USA website celebratevitamins.com.

You can also find these products online at store.bariatricpal.com

***Please note: these products are shipped from USA, you may need to pay for shipping, duty and tax.

