



DALLAS  
OBESITY  
SOCIETY

## Post-LapBand Surgery Daily Supplements

**1 tab daily**

### **Chewable multivitamin/multimineral**

- One tablet daily (preferably with a meal)
- Flintstones Chewable or generic equivalent
- Avoid “gummy” multivitamins

**Why?:** After weight loss surgery, chewable multivitamins are more likely to be absorbed. Take them twice per day to increase your absorption of these important nutrients. Gummy vitamins usually do not provide enough nutrients; however, children’s chewables (like Flintstones) are likely to meet your needs.



**2 tabs twice daily**

### **Calcium citrate**

- Citrate is the best absorbed form of calcium, especially after bariatric surgery
- Citracal “Petites” are smaller tablets, but are still quite large
  - It is possible to cut these tablets in half for easier swallowing
  - Consider ordering chewable calcium citrate (*the chewable brands found in most pharmacies are usually not calcium citrate*)
    - Celebrate Vitamins: <https://tinyurl.com/y86rsqg4>
    - Bariatric Fusion: <https://tinyurl.com/y7zs9md>
- Total daily goal is 1000-1200 mg in divided doses
  - 2 Citracal Petites, twice daily
  - 1 Soft Chew, twice daily



**Why?:** After weight loss surgery it may be harder to eat/drink enough calcium rich foods. It is also difficult for your smaller stomach to breakdown calcium supplements for absorption. Calcium citrate should be used to meet daily calcium needs.

### **Vitamin D3 (cholecalciferol)** \_\_\_\_\_ **1000 IU daily**

- Daily preferred to weekly doses (commonly given as a prescription)
- Usually 2,000-3,000 international units daily for maintenance
  - Typically as 1,000 units from Calcium + D3 supplements, and 2,000 units from a standalone Vitamin D3
- Any over-the-counter brand will be fine



**Why?:** Vitamin D is one of the most common nutrient deficiencies. It is important for many functions in the body. It is essential for bone health.

## **Post-Bariatric Surgery “As Needed” Supplements**

### **Vitamin B12 (cobalamin)**

Additional daily B12 may be necessary if you are low

- 500 micrograms (mcg) once daily, or 2,500 mcg once weekly
- Melting, chewable, or sublingual formulations are all okay
- Avoid “slow release” forms
- Injections are usually not needed

### **Iron (ferrous fumerate, sulfate or iron polysaccharide)**

For women having monthly menstrual cycles, additional iron is advised

- 65mg “elemental” iron can be found in over-the-counter 325 mg Ferrous sulfate
- “High Potency” iron may be advisable in some cases
  - Novaferum 125 is a liquid iron supplement available to order: <https://tinyurl.com/yaqa7q4x>

### **Soluble fiber (psyllium husk)**

To avoid “dumping syndrome” after surgery, supplemental fiber may be useful

- Psyllium husk is the best option—it is a gel-forming, soluble fiber
- Taken before meals it can slow digestion and absorption and decreases blood sugar spikes
  - Start with 1 teaspoonful in 2-4 oz. water 15-30 minutes prior to meals
  - Increase to 1 tablespoon as tolerated
- Look for sugar-free Metamucil or a generic equivalent
  - Unflavored or ‘raw’ psyllium fiber can also be found, typically in the “Natural Foods” section of some grocery stores

### **Probiotics**

Current evidence is limited on recommendations for specific probiotic supplements

- Some people may have improved bowel habit with the use of daily probiotics
- In general, they safe to use; however:
  - Avoid taking probiotics until all internal surgical wounds have fully healed
  - Avoid taking if you have been diagnosed with “Intestinal Bacterial Overgrowth”
- Probiotics are also found in cultured dairy products (Greek yogurt, Kefir, etc.) or fermented foods and beverages (sauerkraut, kimchi, kombucha, etc.)

### **Other nutrients as prescribed**

Individual vitamins or nutrients will be advised based on clinical findings

- Make sure to ask before beginning a new supplement if you are unsure of the purpose
- It is best only to take supplements if there is a direct need or nutrient deficiency
  - Some nutrients can interfere with one another or with medications
  - It is possible (and sometimes dangerous) to have excessively high levels of some nutrients
- When in doubt, feel welcome to discuss your supplement needs with your provider