

# Multivitamin, Calcium, and B<sub>12</sub> Shopping Guide: Gastric Bypass and Sleeve Gastrectomy

Please note that this is not an all-inclusive list. Use this packet to guide your research and shopping. You are welcome to bring your vitamins into your nutrition appointment.

### **MULTIVITAMINS WITH IRON**

- Take a 'complete' multivitamin(s) daily; dose will vary based on brand of multivitamin.
- Complete multivitamins contain iron, zinc, folic acid, and copper.
- Avoid gummy or soft chew multivitamins these don't have all of the right nutrients.
- Separate multivitamin(s) from calcium by at least 2 hours.

## **CHEWABLE AND LIQUID MULTIVITAMINS**

NAME		DOSE	WHERE TO BUY	PRICES
Bariatric Advantage Advanced Multi EA Chewable	Administration of the Control of the	2 tablets/day  Do not need to take additional B12	www.bariatric advantage.com or By Phone 1-800-898-6888	\$37.45 (60 ct)  Use code "BWHC" on main page for 15% off
Celebrate Multi – Complete "36" or "45" Chewable "36" = preferred for men "45" = preferred for women	Celebrate	2 tablets/day  Do not need to take additional B12	www.celebrate vitamins.com or By Phone 877-424-1953	\$19.95 (60 ct – 36 mg iron) \$24.95 (60 ct – 45 mg iron)
Opurity Bypass/Sleeve Optimized Multi	osuris	1 tablet/day  Do not need to take additional B12	www.opurity.com or By Phone 1-800-517-5111	\$39.95 (90 ct)  Use code "MABWHC02" for 10% off your 1 <sup>st</sup> order
ProCare Health Bariatric Complete Chewable	Process House	1 tablet/day  Do not need to take additional B12	www.procarenow.com or By Phone 877-822-5808 Option 2	\$11.99 (30 ct)
Flintstone's Complete Children's Chewable (not gummy)	FUNTSTONES	2 tablets/day	BJs CVS Walgreens Walmart Stop & Shop	\$14.99 (200 ct) \$17.99 (150 ct) \$15.49 (150 ct) \$13.44 (150 ct) \$13.49 (150 ct)

#### **MULTIVITAMINS IN NON-CHEWABLE TABLETS OR CAPSULES**

Each person will have a different comfort level with swallowing pills. If a pill seems too large for you, then open the capsule, cut the tablet, or choose a chewable or liquid version instead.

NAME		DOSE	WHERE TO BUY	PRICES
Bariatric Advantage		3 capsules/day	www.bariatric	\$22.95 (90 ct)
Ultra Multi Formula	1		advantage.com	Use code
with Iron	Bariatric Advantage	Do not need to	or	"BWHC" on main
	Ultra Multi Formula WITH IRON	take separate	By Phone	page for 15% off
	BERT SUPPLEMENT 90 CAPSULS	B12	1-800-898-6888	
Celebrate Multi –		3 capsules/day	www.celebrate	\$19.95 (90 ct -
Complete "36" or "45"			vitamins.com	36 mg iron)
Capsule		Do not need to	or	\$19.95 (90 ct –
"36" = preferred for	Celebrate Celebrate	take separate	By Phone	45 mg iron)
men	Multi-Complete 36 Multi-Complete 45 Construct from the	B12	877-424-1953	
"45" = preferred for	20) Capalin Decay Suprised 20) Capalin			
women				
Opurity® Complete	100	4 capsules/day	www.opurity.com	\$39.95 (360 ct)
Capsule		_	or	Use code
		Do not need to	By Phone	"MABWHC02" for
	Options 9	take separate	1-800-517-5111	10% off your 1st
		B12		order
ProCare Health		1 capsule/day	www.procarenow.com	\$34.99 (90 ct)
Bariatric Complete	PROCARE HEALDY		or	
Capsule Once-a-Day	RABIATRIC	Do not need to	By Phone	
Multivitamin	MULTIVITA IL	take additional	877-822-5808	
	1 BAILY 90 country	B12	Option 2	
NatureMade Multi	USP	2 tablets/day	CVS	\$12.79 (130 ct)
Complete Tablet			Walgreens	\$17.99 (250 ct)
	Nature Made		Walmart	\$8.82 (130 ct)
	Complete			
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# If you have found a multivitamin that is not on this list, please ensure that it contains:

- at least 18 mg iron per tablet + zinc, folic acid and copper
- Less than 150 mg calcium per tablet If the multivitamin has greater than 150 mg of calcium per tablet, please take each multivitamin 2 hours apart for best absorption.

# **CALCIUM CITRATE WITH VITAMIN D**

- Your body needs 1200-1500 mg of calcium citrate daily; if you have a lot of calcium in your diet from foods and beverages, your dietitian will help you adjust your supplement dose.
- Limit 1 dose to 600 mg (maximum your body can absorb at one time).
- Separate calcium doses by at least 4 hours.
- Separate calcium from multivitamins by at least 2 hours.
- Calcium citrate does not need to be taken with food.

# CHEWABLE, LIQUID, AND POWDERED CALCIUM CITRATE

NAME		DOSE	WHERE TO BUY	Price
Bariatric Advantage Calcium Citrate Chewy Bites	BCO WHERE Cacking Control Chewy Both Control Chewy Both Control Chewy Both Control Chewy Both Chewy	1 chew 3x/day (1500 mg total)	www.bariatric advantage.com or By Phone 1-800-898-6888	\$33.95 (90 ct)  Use code "BWHC" on main page for 15% off
Bariatric Advantage Calcium Citrate Chewable	Barfafit Advantage Advantage Commence C	1 tablet 3x/day (1500 mg total)	www.bariatric advantage.com or By Phone 1-800-898-6888	\$24.95 (90 ct)  Use code "BWHC" on main page for 15% off
Calcet Citrate Creamy Bites	Calcet  Gatter Gree  Gatter Gre	1 chew 3x/day (1500 mg total)	www.creamybites.com www.celebrate vitamins.com	\$12.99 (30 ct) \$12.95 (30 ct)
Celebrate Calcium Plus 500	Celebrate  America Segment  Cleans PLUS 50 C  Course Segment  To Raison	1 tablet 3x/day (1500 mg total)	www.celebrate vitamins.com or By Phone 877-424-1953	\$19.95 (90 ct)
Celebrate Calcium Citrate Soft Chews	Celebrativ Celebrativ	1 chew 3x/day (1500 mg total)	www.celebrate vitamins.com or By Phone 877-424-1953	\$29.95 (90 ct) \$87.95 (270 ct)
Rainbow Light Calcium Citrate Berry Wellness Gummies	Calcium Citre Berry Wellness  * Number Journal of Thomas  Number o	1 Packet (2 Gummies) 3x/day (1500 mg total)	Vitamin Shoppe Whole Foods Natural Food Stores www.amazon.com or By Phone 800-475-1890	\$19.99 (30 pkts) \$19.50 (30 pkts)

Kal Calcium Citrate Chewable	Galcium Citrole Chewable	1 chew 3x/day (1500 mg total)	Vitamin Shoppe	\$7.89 (60 ct)
Opurity Calcium-Citrate Plus - Chewable	Substitute for the substitute of the substitute	2 tablets 2x/day (1200 mg total)	www.opurity.com or By Phone 1-800-517-5111	\$13.95 (125 ct)  Use code "MABWHC02" for 10% off your 1 <sup>st</sup> order
Twinlab Bariatric Support Calcium Wafers	BARATINE SEPORT CALCIUM WAFES United Seports United Sep	2 wafers 3x/day (1500 mg total)	Vitamin Shoppe Walmart	\$16.99 (120 ct) \$16.99 (120 ct)
UpCal D Calcium Citrate Powder	Ca <sup>10</sup>	1 scoop/pkg 3x/day (1500 mg total)	www.amazon.com	\$14.46 (120 ct) \$10.52 (20 oz canister)
Lifetime Calcium Magnesium Citrate Liquid	Montella Montella Manuella Man	1 tablespoon 2x/day (1200 mg total)	www.amazon.com lifetimevitamins.com	\$8.99 (16 oz) \$15.39 (16 oz)
Reviva Calcium Citrate Liquid	PLANT OF THE PROPERTY OF THE P	1 tablespoon 3x/day (1500 mg total)	www.amazon.com	\$21.53 (32 oz)
Solgar Liquid Calcium Magnesium Citrate with Vitamin D3	The second secon	1 tablespoon 2x/day (1200 mg total)	www.amazon.com	\$12.46 (16 oz)
Wellesse Calcium and Vitamin D3 Liquid	wellsspan	1 tablespoon 3x/day (1500 mg total)	Walmart www.amazon.com bariatricchoice.com	\$6.97 (16 oz) \$11.22 (16oz) \$7.99 (16 oz)

#### **CALCIUM CITRATE IN NON-CHEWABLE TABLETS OR CAPSULES**

Each person will have a different comfort level with swallowing pills. If a pill seems too large for you, then cut it in half or choose a chewable or liquid version instead.

NAME		DOSE	WHERE TO BUY	Price
Citracal Calcium Citrate + D <sub>3</sub> Petites	CITRACAL BOOK STATE OF THE PROPERTY OF THE PR	3 tablets 2x/day (1200 mg total)	CVS Shaw's Stop & Shop Walgreens Walmart	\$13.99 (200 ct) \$13.99 (200 ct) \$12.99 (200 ct) \$13.99 (200 ct) \$10.92 (200 ct)
CVS Calcium Citrate + D <sub>3</sub> Miniatures	Calcium Calcium Citrates 90 Ministures Section 1997 1997 1997 1997 1997 1997 1997 199	3 tablets 2x/day (1200 mg total)	CVS	\$13.99 (200 ct)
Rainbow Light Calcium Citrate Mini-Tabs	Calcium Citrate Mini-Tablets Winstein State Winstei	3 mini-tabs 2x/day (1200 mg total)	Vitamin Shoppe Walmart	\$12.99 (120 ct) \$9.59 (120 ct)
Rite Aid & Walgreens Calcium Citrate Petites with vitamin D	CALCIUM DIRAL PROPERTY OF THE	3 tablets 2x/day (1200 mg total)	Rite Aid Walgreens	\$9.99 (100 ct) \$10.49 (200 ct)
Citracal Calcium Citrate + D <sub>3</sub> Maximum	CITRACAL TRACIAL TR	2 caplets 2x/day (1260 mg total)	CVS Shaw's Stop & Shop Walgreens Walmart	\$17.99 (180 ct) \$12.99 (120 ct) \$12.99 (120 ct) \$17.49 (180 ct) \$9.94 (120 ct)
Twinlab Calcium Citrate Caps	TWINLAB  CALCIUM  CITATE  CLAPS  100 Open in wall  Winnels  Part Martin	4 capsules 2x/day (1200 mg total)	Whole Foods	\$10.50 (150 ct)
Kal Cal-Citrate+	Cal Calledon	2 tablets 3x/day (1500 mg total)	Vitamin Shoppe	\$17.99 (240 ct)

### If you have found a calcium supplement that is not on this list, please ensure that it contains:

- Calcium <u>citrate</u> (read supplement facts and ingredient list)
- No more than 600 mg of calcium should be taken at one time

### **VITAMIN B12**

- Take 350-500 micrograms vitamin B12 daily in the form of a tablet or liquid.
- If you find a version that contains 1000 mcg or more of vitamin B12, you may take this every other day (instead of daily).
- If your multivitamin contains at least 350 mcg of B12, then you do not need this separate supplement.
- You can take vitamin B12 at any time or with any other supplements.
- Nasal sprays and injections are also options for vitamin B12. Ask your bariatric team if you are interested in these options.

### Vitamin B12 can be easily found at several stores including:

BJs, Costco, CVS, GNC, Grocery Stores, Rite Aid, Target, Vitamin Shoppe, Walgreens, Walmart









# Nascobal Nutrition Direct - Home-Delivery Service Covered by Insurance

Order all of your vitamin/mineral supplements through one company. Your cost will be \$0 to \$25 per month depending upon your insurance. **Only patients with private insurance companies are eligible.** Medicare, Medicaid, Mass Health, and Neighborhood Health will not cover this option.

#### **Chewable Option:**

- Nascobal Vitamin B12 Nasal Spray: 1 spray, 1 nostril, 1x/ week
- BariActiv Multivitamin: 2 chewables daily
- BariActiv Calcium + D3 & Magnesium: 2 chewables, 2x/day
- BariActiv Iron + Vitamin C: 3 chewables daily

#### **Capsule/Tablet Option:**

- Nascobal Vitamin B12 Nasal Spray: 1 spray, 1 nostril, 1x/ week
- BariActiv Multivitamin: 1 capsule daily
- BariActiv Calcium + D3 & Magnesium: 2 tablets, 2x/day
- BariActiv Iron + Vitamin C: 1 tablet daily

Tell a bariatric team member if you are interested and they will help you enroll.

