








Multivitamin, Calcium, and B₁₂ 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		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) <i>Use code "BWHC" on main page for 15% off</i>
Celebrate Multi – Complete "36" or "45" Chewable "36" = preferred for men "45" = preferred for women		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		1 tablet/day Do not need to take additional B12	www.opurity.com or By Phone 1-800-517-5111	\$39.95 (90 ct) <i>Use code "MABWHC02" for 10% off your 1st order</i>
ProCare Health Bariatric Complete Chewable		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)		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 Ultra Multi Formula with Iron		3 capsules/day Do not need to take separate B12	www.bariatricadvantage.com or By Phone 1-800-898-6888	\$22.95 (90 ct) <i>Use code "BWHC" on main page for 15% off</i>
Celebrate Multi – Complete "36" or "45" Capsule "36" = preferred for men "45" = preferred for women		3 capsules/day Do not need to take separate B12	www.celebratevitamins.com or By Phone 877-424-1953	\$19.95 (90 ct – 36 mg iron) \$19.95 (90 ct – 45 mg iron)
Opurity® Complete Capsule		4 capsules/day Do not need to take separate B12	www.opurity.com or By Phone 1-800-517-5111	\$39.95 (360 ct) <i>Use code "MABWHC02" for 10% off your 1st order</i>
ProCare Health Bariatric Complete Capsule Once-a-Day Multivitamin		1 capsule/day Do not need to take additional B12	www.procarenow.com or By Phone 877-822-5808 Option 2	\$34.99 (90 ct)
NatureMade Multi Complete Tablet		2 tablets/day	CVS Walgreens Walmart	\$12.79 (130 ct) \$17.99 (250 ct) \$8.82 (130 ct)







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		1 chew 3x/day (1500 mg total)	www.bariatricadvantage.com or By Phone 1-800-898-6888	\$33.95 (90 ct) <i>Use code "BWHC" on main page for 15% off</i>
Bariatric Advantage Calcium Citrate Chewable		1 tablet 3x/day (1500 mg total)	www.bariatricadvantage.com or By Phone 1-800-898-6888	\$24.95 (90 ct) <i>Use code "BWHC" on main page for 15% off</i>
Calcet Citrate Creamy Bites		1 chew 3x/day (1500 mg total)	www.creamybites.com www.celebratevitamins.com	\$12.99 (30 ct) \$12.95 (30 ct)
Celebrate Calcium Plus 500		1 tablet 3x/day (1500 mg total)	www.celebratevitamins.com or By Phone 877-424-1953	\$19.95 (90 ct)
Celebrate Calcium Citrate Soft Chews		1 chew 3x/day (1500 mg total)	www.celebratevitamins.com or By Phone 877-424-1953	\$29.95 (90 ct) \$87.95 (270 ct)
Rainbow Light Calcium Citrate Berry Wellness Gummies		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		1 chew 3x/day (1500 mg total)	Vitamin Shoppe	\$7.89 (60 ct)
Opurity Calcium-Citrate Plus - Chewable		2 tablets 2x/day (1200 mg total)	www.opurity.com or By Phone 1-800-517-5111	\$13.95 (125 ct) <i>Use code "MABWHC02" for 10% off your 1st order</i>
Twinlab Bariatric Support Calcium Wafers		2 wafers 3x/day (1500 mg total)	Vitamin Shoppe Walmart	\$16.99 (120 ct) \$16.99 (120 ct)
UpCal D Calcium Citrate Powder		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		1 tablespoon 2x/day (1200 mg total)	www.amazon.com lifetimevitamins.com	\$8.99 (16 oz) \$15.39 (16 oz)
Reviva Calcium Citrate Liquid		1 tablespoon 3x/day (1500 mg total)	www.amazon.com	\$21.53 (32 oz)
Solgar Liquid Calcium Magnesium Citrate with Vitamin D3		1 tablespoon 2x/day (1200 mg total)	www.amazon.com	\$12.46 (16 oz)
Wellesse Calcium and Vitamin D3 Liquid		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 ₃ Petites		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 ₃ Miniatures		3 tablets 2x/day (1200 mg total)	CVS	\$13.99 (200 ct)
Rainbow Light Calcium Citrate Mini-Tabs		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		3 tablets 2x/day (1200 mg total)	Rite Aid Walgreens	\$9.99 (100 ct) \$10.49 (200 ct)
Citracal Calcium Citrate + D ₃ Maximum		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		4 capsules 2x/day (1200 mg total)	Whole Foods	\$10.50 (150 ct)
Kal Cal-Citrate+		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 citrate (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.