

Recommended Vitamin and Mineral Supplements After Bariatric Surgery

- You may start / resume bariatric multivitamin and mineral supplement after your first post-op visit
- You **MUST** be on a vitamin regimen for life
- You **MUST** have vitamin levels monitored by Synergy or your primary care physician yearly

Your daily regimen:

1. A Bariatric Multivitamin (choose from below brands)
2. Calcium citrate- 1200-1500mg / day (spread servings throughout the day, no more than 600mg at a time and at least 2 hours apart from any iron supplements – your multivitamin has iron)

Bariatric MOV Name	Serving	Cost
Bariatric Fusion- MOV chewables *has calcium	4 chewables per day (2, twice per day)	\$22 per month with code SYNERGY20
Bariatric Fusion 1 per day MOV capsule with Iron	1 capsule	\$14.40 for 30 days with code SYNERGY20 and purchase 90 day supply
Bariatric Advantage Ultra Solo with Iron *contains vitamin K, do not take if on warfarin	1 capsule	\$17.50 for 30 days with code SYNERGY and purchase 90 day supply
Bariatric Advantage Ultra Solo without Iron *contains vitamin K, do not take if on warfarin	1 capsule	\$16.83 for 30 days with code SYNERGY and purchase 90 day supply
Procure Health Bariatric Multivitamin with 45mg OR 18 mg iron	1 chewable tablet or 1 capsule	\$15-20 for 30 day supply
Bariatric Pal Multivitamin One with 45mg iron	1 capsule	\$30 for 30 day supply
Bariatric Choice once Daily with 45 mg Iron	1 capsule	\$29.99 for 90 day supply
Barilife *has calcium	6 tablets (3 tablets twice a day)	\$30.99 for 30 day supply