

## Recommended VITAMIN and MINERAL SUPPLEMENTS after bariatric surgery

**You may start/resume your bariatric multivitamin and mineral supplement after your first post-operative appointment.**

**You MUST be on one the following Vitamin Regimens for life**

**You MUST have vitamin levels monitored by us or your primary care physician yearly**

**Options for bariatric multivitamin and mineral supplementation are:**

### **Bariatric Fusion**

**([bariatricfusion.com](http://bariatricfusion.com) or 866.259.0602)**

- Four (4) Bariatric Fusion multivitamin and mineral chewables per day (\$22 for 30 days when **SYNERGY20** code is used)
- Two (2) Bariatric Fusion multivitamin soft chews + one (1) bariatric fusion iron soft chew\*\*+ 1200-1500 mg of calcium\*\*/\*\* (35 for 30 days when **SYNERGY20** code is used)
- 1 per day Bariatric Fusion Multivitamin Capsule with Iron\* + 1200-1500 mg of calcium\*\*/\*\* (\$14.40 for 30 days when **SYNERGY20** code is used and you purchase the 90 day supply). **Kosher**

Use code **SYNERGY20** and you will receive 20% all of your purchases.

Use code **SYNERGYFREE** and you will receive free shipping on a purchase of \$15 or more. Only ONE discount coder per purchase.

### **Bariatric Advantage**

**([bariatricadvantage.com](http://bariatricadvantage.com) or call 800.898.6888)**

- One (1) Bariatric Advantage Ultra Solo Capsule with Iron\* + 1200-1500 mg of calcium\*\*/\*\* (\$17.50 for 30 days when 90 capsules are purchased and **synergy15** validation code is used) **CONTAINS VITAMIN K. Do not take if on warfarin. NOT Kosher.**
- One (1) Bariatric Advantage Ultra Solo Capsule without Iron\* + 1200-1500 mg of calcium\*\*/\*\* (\$16.83 for 30 days when 90 capsules are purchased and **synergy15** validation code is used) **CONTAINS VITAMIN K. Do not take if on warfarin. NOT Kosher.**

### **Non-Bariatric Vitamin and Mineral Options**

- Two over the counter multivitamins and mineral supplements + 500 mcg B12 + 3,000 IUs vitamin D3 + 45 mg iron\*\* (you can use bariatric fusion iron soft chew) + B Complex + 1200-1500 mg calcium\*\*/\*\* (between food and calcium supplement)--\$22 for 30 days
- Prenatal vitamin + 12 mg vitamin B1 + 3,000 IUs vitamin D3 + 350-500 mcg B12 + 1000-1200 mg of calcium\*\*/\*\* (between food and calcium citrate supplements)

\*Capsules can be opened and placed into food or fluid

\*\* Take calcium and iron supplements at least two (2) hours apart

\*\*\*Take calcium supplements in divided doses of no more than 600 mg at a time for best absorption. **Calcium citrate** supplements can be taken with or without food.

**Calcium carbonate** supplements should be taken with food.