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 of 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 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 code per purchase.

**Bariatric Advantage**
(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 IU 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 IU 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.