








## Non-Chewable Multivitamins

- Any vitamin purchased not on this list should be brought into your nutrition appointment to be reviewed and approved.
- It is ok to switch to non-chewable vitamins 6 weeks from your surgery.
- Having bloodwork done regularly is just as important as taking your supplements.
- Separate multivitamin(s) with iron or any iron supplement from calcium by at least 2 hours.
- It is okay to take your vitamins in the morning or evening. Refer to page 11 in your Nutrition Guidelines book for timing suggestions.
- 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 Solo with Iron	1 capsule/day Do not need to take separate B12	www.bariatric advantage.com or by phone 1-800-898-6888	\$22.95 (30 ct)  Use code "BWHC" on main page for 15% off	
Celebrate One 45	1 capsule/day Do not need to take separate B12	www.celebrate vitamins.com or By Phone 877-424-1953	\$16.95 (30 ct) \$44.95 (90 ct)	
Opurity® Multi Capsule with Iron	2 capsules/day Do not need to take separate B12 *May need extra iron	www.opurity.com or By Phone 1-800-517-5111	\$29.95 (90 ct)  Use code "MABWHC02" for 10% off your 1st order	
Bariatric Choice Capsule	1 capsule/day Do not need to take separate B12	Amazon	\$29.95 (90 ct)	
ProCare Health Once Daily Bariatric Multivitamin-45	1 capsule/day Do not need to take separate B12	www.procarenow.com or By Phone 877-822-5808 Option 2	\$11.99 (30 ct)	
NatureMade Multi Complete Tablet	2 tablets/day Add 500 mcg separate vitamin B12	CVS Walgreens Walmart	\$12.79 (130 ct) \$17.99 (250 ct) \$8.82 (130 ct)	
			Prices may vary	Updated: 02_2021

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

- 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.
- Verify form of calcium is CITRATE (read supplement facts and ingredient list)
- Check SERVING SIZE to be sure you're taking the right amounts.

NAME	DOSE	WHERE TO BUY	PRICES	
Citracal Calcium Citrate + D3 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 + D3 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 + D3 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)	

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

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

Nascobal Vitamin B12 Nasal Spray: 1 spray, 1 nostril, 1x/week

Bariatric Multivitamin: 1 capsule daily

BariActiv Iron + Vitamin C: 1 tablet daily

**NUTRITION DIRECT™**  
IT'S ALL IN THE DELIVERY

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