










Chewable Vitamin Shopping Guide

1. Start taking chewable vitamins 10 days after surgery. You may change to non-chewable options 40 days post-surgery (*See separate guide*).
2. Remember, separate your multivitamin(s) with iron from calcium by 2 hours AND each dose of calcium citrate from each other by 4 hours. See more details on page 11 of your [Nutrition Guidelines book](#).

Chewable Multivitamin Options Choose 1 option below			Chewable Calcium Citrate Options Choose 1 option below			Example Vitamin Schedule
Opurity Bariatric Multi Chewable with 45mg Iron Take: 1 Tablet daily unjury.com OR phone: 1-800-517-5111		\$10 / month	Opurity Calcium Citrate Plus chewable Take: 2 tablets, two times daily		\$14 month	<div style="margin-bottom: 20px;"> Morning/1st Meal 1st Calcium  </div> <div style="margin-bottom: 20px;"> Lunch/2nd Meal 2nd Calcium  </div> <div style="margin-bottom: 20px;"> Dinner/3rd Meal 3rd Calcium  </div> Bedtime: Multivitamin + B12 if needed
Bariatric Advantage Advanced Ultra Solo Chewable Take: 1 Tablets daily bariatricadvantage.com OR phone: 1-800-898-6888		\$23 /month	Bariatric Advantage Calcium Citrate Chewy Bites-500mg Take: 1 chew, three times daily		\$34 / month	
Flintstones Complete Children's Chewable (not gummy) Take: 2 tablets daily + 500 mcg B12 (sublingual) Take: 1 tablet daily <i>CVS, Target, Walmart, etc</i>		\$13 / month	Wellese Calcium and D3 Liquid Take: 1 Tablespoon, three times daily <i>Walmart</i>		\$20 / month	

Are vitamins covered by insurance? Nutrition Direct is a supplement program that works with private insurance plans to offer bariatric vitamins and calcium supplements for a \$0-25 copay/month. Talk to a dietitian about filling out a form to see what you are eligible for.

Price information was collected 02/2021, prices may vary. Ask your dietitian for discount codes! Many patients purchase these vitamins from other websites, including Amazon.