






Chewable Vitamin Shopping Guide

Choose chewable vitamins from day 7 until at least day 35 after surgery. Every day, please take:





- A complete “bariatric approved” multivitamin(s)
 - Vitamins not listed in this handout should be reviewed by the dietitian before taking
 - Avoid “gummy” multivitamins
- 500 mcg vitamin B12 (if not in your multivitamin)
- Calcium, 1200-1500 mg daily. For best absorption, keep iron (in multivitamin) away from calcium by at least 2 hours. *(page 3)*

Multivitamin Options

The 5 multivitamins on this page are complete, including adequate iron and B12. Just add calcium!

NAME		DOSE	PRICES (estimates, based on 05/2023 prices)
1. vOpurity Bypass & Sleeve Optimized Multivitamin with 45mg iron 1-800-517-5111		1 tablet/day	\$29.95 (90 ct) <i>Use code “MABWHC02” for 10% off your 1st order</i>
2. Bariatric Choice all in one *do not need a separate calcium.		1 tab, 4 times daily (at least 2 hours apart)	\$30/month
3. ProCare Health Bariatric Complete Chewable with 45mg iron 877-822-5808		1 tablet/day	\$11.99 (30 ct)
4. Bariatric Advantage Ultra Solo Chewable 1-800-898-6888		1 tablets/day	\$37.45 (60 ct) <i>Use code “BWHC” on main page for 15% off</i>
5. CelebrateONE 45 877-424-1953		1 tablet/day	\$17.95 (30 ct) \$45.95 (90 ct)

The following multivitamin options need additional vitamins, following the instructions:

NAME	DOSE	WHERE TO BUY	PRICES
Flintstone's Complete Children's Chewable (not gummy)	2 tablets/day + 500 mcg B12/day	BJs, CVS, Walgreens Walmart Stop & Shop	\$14.99 (200 ct)* \$17.99 (150 ct)* \$15.49 (150 ct)* *cost varies by location 
<i>*Flintstones is not recommended on stage 5 and beyond</i>			
BariActiv Supplements & Nascobal Nasal Spray	1 daily MVI/day 2 Calcium/day 1 iron/day B12 nasal spray (1 x per week)	1. Tell us if you're interested, we can submit a referral to the program pharmacy 2. Call 855-828-1488 to check on the status of order.	\$0 copay through insurance (depending on insurance – not usually covered with BCBS and Medicare, nasal spray only with MassHealth) 
<i>*MassHealth covers nasal spray only.</i>			
Celebrate Multi Soft Chew	2 chews/day + need 36 mg of iron daily	www.celebratevitamins.com or By Phone 877-424-1953	\$69.95 (180 ct) \$25.95 (60 ct) 
Celebrate Essential Multi 3 in 1 Powder <i>This product contains calcium* and fiber</i>	2 sticks/scoops per day + need 36 mg of iron daily	www.celebratevitamins.com or By Phone 877-424-1953	\$21.95 (30 ct sticks) \$27.95 (60 serving tub) 
<i>*Additional calcium citrate may be needed, depending on food intake.</i>			







CALCIUM CITRATE WITH VITAMIN D

- Your body needs 1200-1500 mg of calcium daily (may come from food or supplement)
- Calcium supplement should be “CITRATE” form (read ingredient list) -can take without food
- Limit 1 supplement dose to 600 mg at a time for absorption. Check SERVING SIZE
- Separate each calcium supplement dose by at least 4 hours
- Separate calcium from iron (usually in multivitamin) by at least 2 hours

NAME	DOSE	WHERE TO BUY	Price
Bariatric Advantage Calcium Citrate Chewable or Chewy Bites	1 chew 3x/day (1500 mg total)	www.bariatricadvantage.com or By Phone 1-800-898-6888	\$25 (90 ct) \$33.95 (90 ct) <i>Use code “BWHC” on main page for 15% off</i>
Celebrate Calcium Citrate Soft Chews OR Calcium Plus 500 (tabs)	1 chew 3x/day (1500 mg total)	www.celebratevitamins.com or By Phone 877-424-1953	\$20.95 (90 ct) \$30.95 (90 ct) \$91.95 (270 ct)
Opurity Calcium-Citrate Plus - Chewable	2 tablets 2x/day (1200 mg total)	www.opurity.com or By Phone 1-800-517-5111	\$13.95 (125 ct) <i>Use code “MABWHC02” for 10% off your 1st order</i>
Kal Calcium Citrate Chewable	1 chew 3x/day (1500 mg total)	Vitamin Shoppe or www.amazon.com	\$7.89 (60 ct) \$10.39 (60 ct)
UpCal D Calcium Citrate Powder	1 scoop/pkg 3x/day (1500 mg total)	www.amazon.com or www.procarenow.com	\$12.00 (80 ct) \$23.00 (160 ct) \$17.00 (20 oz can)
Nature's Way Liquid Calcium and Vitamin D3	1 tablespoon 3x/day (1500 mg total)	Walgreens or www.amazon.com or bariatricchoice.com	\$6.97 (16 oz) \$11.22 (16oz) \$7.99 (16 oz)

IRON SUPPLEMENTS (CHEWABLE)*

***If your multivitamin does not contain iron, you need to select additional iron (36-45 mg iron/daily):**

NAME	DOSE	WHERE TO BUY	Price	
Celebrate Iron + C 60 mg Soft Chew (Pineapple)	1 soft chew/day	www.celebrate vitamins.com or By Phone 877-424-1953	\$37.95 (90 ct)	
Celebrate Iron +C 60 mg Chewable (Grape, Berry, Tangerine)	1 tablet/day	www.celebrate vitamins.com or By Phone 877-424-1953	\$24.95 (90 ct)	
Celebrate Iron + C Chewable 18mg (Tangerine)	Dose as recommended by dietitian or doctor	www.celebratevitamin s.com or By Phone 877-424-1953	\$8.95 (30 ct) – 18mg	
Bariatric Advantage 60 mg Chewable Iron with Vitamin C (Lemon-Lime)	1 tablet/day	www.bariatric advantage.com	\$39.45 (90 ct) <i>Use code "BWHC" for 15% off</i>	
Bariatric Advantage Chewable Iron (+ Vitamin C) 18mg (Strawberry)	Dose as recommended by dietitian or doctor	www.bariatric advantage.com or By Phone 1-800-898-6888	\$24.15 (90 ct)	
Vitron-C 65mg chewable	1 tablet/day	CVS, Rite Aid, Walgreens, Walmart, Wegmans	Walmart: \$12.97 (60 ct) CVS: \$15.99 (60 ct)	

VITAMIN B12 Options

***If your multivitamin does not contain at least 350 mcg of B12, you need additional (350-500 mcg daily)**

- Choose “sublingual”, “chewable” or “liquid” form until at least stage 4 of diet
- You can take vitamin B12 at any time: with your multivitamin(s) OR calcium
- Nasal sprays or injections are also options for vitamin B12. Ask your bariatric team about these.

Vitamin B12 can be easily found at several stores including:

BJs, Costco, CVS, GNC, Grocery Stores, Rite Aid, Target, Vitamin Shoppe, Walgreens, Walmart, etc

