




# Chewable Vitamin Shopping Guide

- From day 10 to day 40 post-surgery, you need to take chewable vitamins.
- Select a chewable multivitamin AND a chewable calcium citrate option from this list.\*
  - For more information, refer to the vitamin page in your guidelines book (Pg 11).

\*Other vitamins may be appropriate. Please talk to your dietitian before taking vitamins not on this list.

## Multivitamin Options




Choose 1 multivitamin option from this list.  
 Remember, take your multivitamin (with iron) 2 hours away from calcium.

	Dose / Frequency		Estimated monthly cost*
1. <b>Celebrate</b> "Multi-Complete Restrictive 45"	1 tablet 1x daily		\$17
2. <b>Opurity</b> "Bypass and Sleeve Optimized Multivitamin"	1 tablet 1x daily		\$10
3. <b>Flintstones</b> Complete (chewable)	2 tablets 1x daily		\$9
<b>+</b>			
500 mcg B12 daily	1 tablet 1x daily		\$4

\*Cost estimated based on prices listed as of 11/2019

## Calcium Options

Choose a calcium citrate option from this list.  
 Remember, take 1200-1500mg daily, but only 500-600 mg at a time, separated by 4 hours from each other.

	Dose / Frequency		Estimated monthly cost*
1. <b>Celebrate</b> "Soft Chew"	1 chew 3x daily		\$32
2. <b>Opurity</b> "Calcium Citrate Plus" chewable	2 tablets 2x daily		\$14
3. <b>Bariatric Advantage</b> "Chewy Bite"	1 chew 3x daily		\$34
4. <b>Wellesse</b> "Calcium and D3 Liquid"	1 TBSP 3x daily		\$20

## Example vitamin schedule:

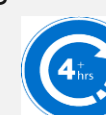
Morning:  
 Multivitamin(s)  
 (+B12 if needed)



Noon:  
 500 mg calcium



4 p.m.  
 500 mg calcium



8 p.m.  
 500 mg calcium

Updated: 10/2020

**Nutrition Direct** is a supplement program that works with private insurance plans to offer a bariatric multivitamin and calcium for a \$0-\$25 copay/month. Talk to a dietitian about filling out a form to see what you're eligible for.