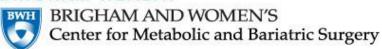
BRIGHAM HEALTH



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 <u>calcium citrate</u> option from this list.*
 - For more information, refer to the vitamin page in your guidelines book (Pgll).

*Other vitamins may be appropriate. Please talk to your dieititan 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.

from calcium.			
	Dose / Frequency	Estimated monthly cost*	
1. Celebrate "Multi- Complete Restrictive 45"		\$17	
2. Opurity "Bypass and Sleeve Optimized Multivitamin"	l tablet lx daily	\$10	
3. Flintstones Complete (chewable)	2 tablets lx daily	\$9	
500 mcg B12 daily	l tablet lx Radily	.12 \$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 . Frequer	monthly
1. Celebrate "Soft Chew"	l chew 3x daily	\$32
2. Opurity "Calcium Citrate Plus" chewable	2 tablets 2x daily	\$14
3. Bariatric Advantage "Chewy Bite"	l chew 3x daily	\$34
4. Wellesse "Calcium and D3 Liquid"	1 TBSP 3x daily	Colcium & For Marchan & For Ma

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: 11/2019