






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. Celebrate "Multi-Complete Restrictive 45"	1 tablet 1x daily		\$17
2. Opurity "Bypass and Sleeve Optimized Multivitamin"	1 tablet 1x daily		\$10
3. Flintstones Complete (chewable)	2 tablets 1x daily		\$9
+			
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. Celebrate "Soft Chew"	1 chew 3x daily		\$32
2. Opurity "Calcium Citrate Plus" chewable	2 tablets 2x daily		\$14
3. Bariatric Advantage "Chewy Bite"	1 chew 3x daily		\$34
4. Wellesse "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

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