

Recommended Vitamin Supplements after Bariatric Surgery:

1. Bariatric Fusion® One Per Day Chewable Multivitamin with 45mg Iron provides a convenient, high-quality vitamin and mineral supplement, delivering ASMBS-recommended nutrients in a gentle, easy-to-take, once-daily, Citrus Berry-flavored tablet.
 - 1 tablet once a day following sleeve and gastric bypass
 - 1 tablet twice a day following BPD-DS

Vitamins should be taken at least 1 hour apart from any other medication to assure optimal absorption from the gastrointestinal system and avoid competition between chemicals to enter your body.



ALTERNATIVE, IF YOU DON'T LIKE THE CHEWABLE FORM:

Bariatric Fusion® One Per Day Bariatric Multivitamin Capsule With 45mg Iron

2. Bariatric Fusion® Vitamin B12 sublingual – 1 tablet ONCE A WEEK



3. Bariatric Fusion® Calcium Citrate Soft Chews - Take 1 chew daily



4. For women the Bariatric Fusion® Hair, Skin, & Nails Rejuvenator 1 tablet daily is strongly recommended for 6 months following surgery.



Available as online order from www.bariatricfusion.com

Bariatric Fusion® is specializing in the production of vitamin supplements for bariatric surgery patients and follows the latest recommendations and guidelines by the American Society for Metabolic and Bariatric Surgery.

DO NOT STOP TAKING VITAMINS OR CHANGE REGIMEN WITHOUT DISCUSSING IT WITH YOUR SURGEON OR PCP. FOLLOWING WEIGHT LOSS SURGERY, LIFELONG VITAMIN REPLACEMENT IS NECESSARY TO AVOID SERIOUS HEALTH PROBLEMS!

ALTERNATIVE REGIMEN FROM YOUR LOCAL PHARMACY:

1. Select any of the multivitamins below and take one tablet three times a day



Centrum Silver Women



**CVS Spectravite
Ultra Women**



One-A-Day Womens



Flintstones with Iron

2. Take Calcium + D supplements 3 times a day from any of the products below:



Caltrate 600+D



Calcium Citrate+D



Viactive Calcium+D

3. Take 1 sublingual Vitamin B12 (500 mcg) tablet every 3 days



4. For women a Hair, Skin, & Nails formula containing biotin (1 tablet daily) is strongly recommended for 6 months following surgery.



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