



Bariatric Chewable Multivitamin Schedule, use as directed

Breakfast: Take bariatric chewable multivitamins with food (review quantity and directions on bottle)

Snack: Take 500 mg calcium chew, separate by 2 hours from multivitamin

Lunch: Take 500 mg calcium chew, separate by 2 hours from last calcium

Snack: Eat a calcium food or take a 500 mg calcium chew

Dinner: Take bariatric chewable multivitamins with food (review quantity and directions on bottle)

Calcium Snack Ideas: aim for at least 200 mg of calcium (yogurt, cheese stick, cottage cheese, or dark leafy greens, milk, or protein shake)

Need: 1200-1500 mg of Calcium per day with VSG and RYGB, need 1800 mg for DS. Calcium citrate is preferred, because you can take it on an empty stomach and less likely to form calcium stones. Calcium carbonate is cheaper, but can be more constipating.

Bariatric 1 A Day Capsule Vitamin Schedule, use as directed on bottle and as directed by surgeon

Breakfast: Take 1 bariatric multivitamin capsule with food (review directions on bottle)

Lunch: Take 500 mg calcium, separate by 2 hours from multivitamin with iron

Snack: Eat a calcium food with at least 200 mg of calcium (yogurt, cheese stick, cottage cheese, dark leafy greens, milk, or protein shake)

Dinner: Take 500 mg calcium at least 2 hours after last calcium

Need: 1200-1500 mg of Calcium per day with VSG and RYGB, need 1800 mg for DS surgery. Calcium citrate is preferred, because you can take it on an empty stomach and less likely to form calcium stones. Calcium carbonate is cheaper, but has more elemental calcium and can be more constipating for some.

