

# Vitamin and Mineral Supplements after Weight-loss Surgery

---

## Which surgery did you have?

You will take the vitamins and minerals listed for your surgery. You must take them every day for the rest of your life.

### ☐ Roux-en-Y gastric bypass

- **Multi-vitamin with minerals (including iron):**  
Take 2 tablets daily.
- **Calcium citrate + vitamin D:**  
Take 500 mg three times per day.
- **Vitamin B12:**  
Take 500 mcg daily (by mouth or under the tongue) or 1000 mcg every month (shots).

### ☐ Lap-Band / vertical-banded gastroplasty

- **Multi-vitamin with minerals (including iron):**  
Take 1 tablet daily.
- **Calcium citrate + vitamin D:**  
Take 500 mg three times per day.

### ☐ Duodenal switch

- **Multi-vitamin with minerals (including iron):**  
Take 2 tablets daily.
- **Calcium citrate + vitamin D:**  
Take 500 mg four times per day.
- **ADEK (either AquADEK or Source CF):**  
Take 3 capsules daily (one with each meal).

## Common deficiencies and their treatments

If your care team says you have a deficiency, it means you have a low level of a certain vitamin or mineral in your body.

Be sure to take your daily vitamins and minerals. If your levels are still low, follow the steps listed for your deficiency. After you have finished, call your clinic. You will need to have a blood test to find out if more treatment is needed.

### ☐ For low vitamin A:

- Eat more of these foods: fortified milk, cheese, eggs, liver, dark leafy vegetables, and orange fruits and vegetables.
- Take vitamin A daily for 1 to 2 weeks (10,000 to 25,000 IU each day).

### ☐ For low vitamin B1:

- Eat more of these foods: organ meats, pork, wheat germ, dried beans and peas, nuts, oranges, oysters, green peas, whole grains, fish.
- Take vitamin B1 or B-complex daily for 2 months (50 to 100 mg each day).
- If you are vomiting (throwing up), take B1 shots daily until the vomiting stops (100 mg per day).

*continued*

☐ **For low vitamin B2:**

- Eat more of these foods: milk products, liver, lean meats, green leafy vegetables, whole grains, enriched grains, eggs, nuts, salmon.
- Take vitamin B2 or B-complex daily for 1 week (10 to 15 mg per day).

☐ **For low vitamin B6:**

- Eat more of these foods: chicken, fish, liver, pork, eggs, dried beans and peas, nuts, legumes, whole grains.
- Take vitamin B6 or B-complex daily for 2 months (50 mg per day).

☐ **For low calcium:**

- Eat more of these foods: milk products, canned fish with bones, green leafy vegetables, cooked dried beans and peas.
- Take **extra** calcium with vitamin D for 2 months (add 500 mg per day to your normal dose of calcium). To help your body absorb the calcium:
  - Take no more than 500 mg at a time.
  - Do not take iron (or a multi-vitamin that contains iron) within two hours of your calcium.

☐ **For low copper:**

- Eat more of these foods: organ meats, seafood, nuts, seeds, dark leafy vegetables.
- Take copper sulfate daily for 2 months (2 to 3 mg per day).

☐ **For low vitamin D:**

- Eat more of these foods: fortified milk, cheese, oysters, salmon, tuna, fortified cereal, liver, eggs.
- Spend more time in direct sunlight, if possible. Sunlight will help your body produce more vitamin D.
- Take vitamin D for 2 months. (Take 1000 IU per day. If your vitamin D is very low, take 50,000 IU per week.)

☐ **For low iron or ferritin:**

- Eat more of these foods: red meats, beans, fortified cereal, oysters, spinach, soybeans, chicken liver, clams.
- Your doctor may suggest iron pills or other treatments.

☐ **For low zinc:**

- Eat more of these foods: oysters, meats, shellfish, chicken, turkey, milk products, legumes, whole grains.
- Take 220 mg of zinc sulfate (or 60 mg of elemental zinc). Take it once a day for 10 days.