











Chewable Vitamin Shopping Guide

1. Start taking chewable vitamins 10 days after surgery. You may change to non-chewable options 40 days post-surgery (*See separate guide*).
2. Remember, separate your multivitamin(s) with iron from calcium by 2 hours AND each dose of calcium citrate from each other by 4 hours. See more details on page 11 of your [Nutrition Guidelines book](#).

Chewable Multivitamin Options Choose 1 option below			Chewable Calcium Citrate Options Choose 1 option below			Example Vitamin Schedule
<p>Opurity Bariatric Multi Chewable with 45mg Iron Take: 1 Tablet daily</p> <p>unjury.com OR phone: 1-800-517-5111</p>		\$10 / month	<p>Opurity Calcium Citrate Plus chewable Take: 2 tablets, two times daily</p>		\$14 month	<p>Morning/1st Meal 1st Calcium</p>  <p>Lunch/2nd Meal 2nd Calcium</p>  <p>Dinner/3rd Meal 3rd Calcium</p>  <p>Bedtime: Multivitamin + B12 if needed</p>
<p>Bariatric Advantage Advanced Ultra Solo Chewable Take: 1 Tablets daily</p> <p>bariatricadvantage.com OR phone: 1-800-898-6888</p>		\$23 /month	<p>Bariatric Advantage Calcium Citrate Chewy Bites-500mg Take: 1 chew, three times daily</p>		\$34 / month	
<p>Flintstones Complete Children's Chewable Take: 2 tablets daily + 500 mcg B12 (sublingual) Take: 1 tablet daily</p> <p>CVS, Target, Walmart, etc *Flintstones is not recommended on stage 4</p>	 	\$13 / month	<p>Wellesse Calcium and D3 Liquid Take: 1 Tablespoon, three times daily</p> <p>Walmart</p>		\$20 / month	

Insurance option: Nutrition Direct is a program that works with some insurance plans to offer bariatric vitamin and calcium supplements for a \$0-25 copay/month. Ask the dietitian for more information. The program pharmacy will call you from this phone number to coordinate further: 855-828-1488.

Price information was collected 02/2021, prices may vary. Ask your dietitian for discount codes! Many patients purchase these vitamins from other online retailers, including Amazon. Updated 06_2022

