

## Chewable Vitamin Shopping Guide

### Helpful reminders about your bariatric vitamin needs:

- You will need multivitamin(s) (with iron and b12) AND separate calcium (see page 3 for options)
- You should be on chewable vitamins from stage 3A until at least stage 4 post-surgery
  - Avoid “gummy” multivitamins (they are not complete for bariatric needs)
- Separate your iron (usually in the multivitamin) from calcium supplement by at least 2 hours
- Any vitamin not on this list should be brought into your nutrition appointment for approval

### Multivitamin Options



#### GOLD LEVEL ★★☆☆

“Gold” multivitamins are complete, including adequate iron and B12. Just add calcium (from page3).

NAME	DOSE	WHERE TO BUY	PRICES	
Bariatric Advantage Ultra Solo Chewable	1 tablets/day	www.bariatricadvantage.com or By Phone 1-800-898-6888	\$37.45 (60 ct)  <i>Use code “BWHC” on main page for 15% off</i>	
Opurity Bypass & Sleeve Optimized Multivitamin	1 tablet/day	www.opurity.com or By Phone 1-800-517-5111	\$29.95 (90 ct)  <i>Use code “MABWHC02” for 10% off your 1<sup>st</sup> order</i>	
ProCare Health Bariatric Complete Chewable	1 tablet/day	www.procarenow.com or By Phone 877-822-5808	\$11.99 (30 ct)	
Celebrate ONE 45	1 tablet/day	www.celebratevitamins.com or By Phone 877-424-1953	\$17.95 (30 ct) \$45.95 (90 ct)	

#### SILVER LEVEL ★★☆☆☆

These multivitamins are low in certain nutrients; be sure to add any additional vitamins as noted:

NAME	DOSE	WHERE TO BUY	PRICES
Flintstone's Complete Children's Chewable (not gummy)	2 tablets/day + 500 mcg B12/day	BJs, CVS, Walgreens Walmart Stop & Shop	\$14.99 (200 ct)* \$17.99 (150 ct)* \$15.49 (150 ct)* *cost varies by location 
<i>*Flintstones is not recommended on stage 4</i>			
FitforMe Sleeve – WLS Optimum Chew <b>OR</b> Bypass – WLS Forte Chew	1 tablet/day + 1 Ferro tablet/day	<a href="http://www.fitforme.com">www.fitforme.com</a> or by phone 1 (877) 704-0847	\$84.95 for 3 months supply 
<i>*Comes with separate iron and copper (Ferro Optimum or Ferro Forte) free of charge. *This option is low in vitamin B1/thiamin and vitamin A.</i>			
BariActiv Supplements & Nascobal Nasal Spray	1 daily MVI/day 2 Calcium/day 1 iron/day B12 nasal spray (1 x per week)	1. Tell us if you're interested, we can submit a referral to the program pharmacy 2. Call 855-828-1488 to check on the status of order.	\$0 copay through insurance (depending on insurance – not usually covered with BCBS and Medicare, nasal spray only with MassHealth) 
<i>*MassHealth covers nasal spray only.</i>			
Celebrate Multi Soft Chew	2 chews/day  <b>+ need 36 mg of iron daily</b>	<a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> or By Phone 877-424-1953	\$69.95 (180 ct) \$25.95 (60 ct) 
Celebrate Essential Multi 3 in 1 Powder  <i>This product <b>contains calcium*</b> and fiber</i>	2 sticks/scoops per day <b>+ need 36 mg of iron daily</b>	<a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> or By Phone 877-424-1953	\$21.95 (30 ct sticks) \$27.95 (60 serving tub) 
<i>*Additional calcium citrate may be needed, depending on food intake.</i>			

### CALCIUM CITRATE WITH VITAMIN D

- Your body needs 1200-1500 mg of calcium daily (may come from food or supplement)
- Calcium supplement should be “CITRATE” form (read ingredient list) -can take without food
- Limit 1 supplement dose to 600 mg at a time for absorption. Check SERVING SIZE
- Separate each calcium supplement dose by at least 4 hours (to allow for absorption).
- Separate calcium from iron (usually in multivitamin) by at least 2 hours

NAME	DOSE	WHERE TO BUY	Price	
Bariatric Advantage Calcium Citrate Chewy Bites	1 chew 3x/day (1500 mg total)	www.bariatricadvantage.com or By Phone 1-800-898-6888	\$33.95 (90 ct)  <i>Use code “BWHC” on main page for 15% off</i>	
Celebrate Calcium Citrate Soft Chews	1 chew 3x/day (1500 mg total)	www.celebratevitamins.com or By Phone 877-424-1953	\$30.95 (90 ct) \$91.95 (270 ct)	
Bariatric Advantage Calcium Citrate Chewable	1 tablet 3x/day (1500 mg total)	www.bariatricadvantage.com or By Phone 1-800-898-6888	\$24.95 (90 ct)  <i>Use code “BWHC” on main page for 15% off</i>	
Celebrate Calcium Plus 500	1 tablet 3x/day (1500 mg total)	www.celebratevitamins.com or by phone 877-424-1953	\$20.95 (90 ct)	
Opurity Calcium-Citrate Plus - Chewable	2 tablets 2x/day (1200 mg total)	www.opurity.com or By Phone 1-800-517-5111	\$13.95 (125 ct)  <i>Use code “MABWHC02” for 10% off your 1<sup>st</sup> order</i>	
Kal Calcium Citrate Chewable	1 chew 3x/day (1500 mg total)	Vitamin Shoppe or www.amazon.com	\$7.89 (60 ct) \$10.39 (60 ct)	
UpCal D Calcium Citrate Powder	1 scoop/pkg 3x/day (1500 mg total)	www.amazon.com or www.procarenow.com	\$12.00 (80 ct) \$23.00 (160 ct) \$17.00 (20 oz can)	
Wellesse Calcium and Vitamin D3 Liquid	1 tablespoon 3x/day (1500 mg total)	Walgreens or www.amazon.com or bariatricchoice.com	\$6.97 (16 oz) \$11.22 (16oz) \$7.99 (16 oz)	

**IRON SUPPLEMENTS (CHEWABLE)\***

\*If your multivitamin **does not contain iron**, you need to select additional iron (36-45 mg iron/daily):

NAME	DOSE	WHERE TO BUY	Price
Celebrate Iron + C 60 mg Soft Chew (Pineapple)	1 soft chew/day	www.celebratevitamins.com or By Phone 877-424-1953	\$37.95 (90 ct)
Celebrate Iron +C 60 mg Chewable (Grape, Berry, Tangerine)	1 tablet/day	www.celebratevitamins.com or By Phone 877-424-1953	\$24.95 (90 ct)
Celebrate Iron + C Chewable 18mg (Tangerine)	Dose as recommended by dietitian or doctor	www.celebratevitamins.com or By Phone 877-424-1953	\$8.95 (30 ct) – 18mg
Bariatric Advantage 60 mg Chewable Iron with Vitamin C (Lemon-Lime)	1 tablet/day	www.bariatricadvantage.com	\$39.45 (90 ct) Use code "BWHC" for 15% off
Bariatric Advantage Chewable Iron (+ Vitamin C) 18mg (Strawberry)	Dose as recommended by dietitian or doctor	www.bariatricadvantage.com or By Phone 1-800-898-6888	\$24.15 (90 ct)
Vitron-C 65mg chewable	1 tablet/day	CVS, Rite Aid, Walgreens, Walmart, Wegmans	Walmart: \$12.97 (60 ct) CVS: \$15.99 (60 ct)

**VITAMIN B12 Options**

\*If your multivitamin does not contain at least 350 mcg of B12, you need additional (350-500 mcg daily)

- Choose "sublingual", "chewable" or "liquid" form until at least stage 4 of diet
- You can take vitamin B12 at any time: with your multivitamin(s) OR calcium
- Nasal sprays or injections are also options for vitamin B12. Ask your bariatric team about these.

**Vitamin B12 can be easily found at several stores including:**

BJs, Costco, CVS, GNC, Grocery Stores, Rite Aid, Target, Vitamin Shoppe, Walgreens, Walmart, etc

