

**Recommended Vitamin Supplements for Gastric Bypass Patients:**



Bariatric Fusion® is a complete chewable vitamin and mineral supplement and comes in various flavors.

Take 1 tablet 4 times a day or 2 tablets twice a day

+

Vitamin B12 sublingual – 1 tablet daily



Available from [www.bariatricfusion.com](http://www.bariatricfusion.com) or at the Lawrence Memorial Hospital Gift Shop

**ALTERNATIVE:**

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



**Celebrate  
Multi  
Complete**



**Centrum Ultra  
Women's Tablets**



**CVS  
Spectravite  
Performance  
Usp Tablets**



**Walgreens Premium  
Formula A Thru Z  
Active Performance**



**Flintstones Chewable  
Tablets Complete**

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 tablet daily