



WESTERN BARIATRIC  
INSTITUTE

***ADJUSTABLE GASTRIC BANDING  
SUPPLEMENT RECOMMENDATIONS***

- Start your supplements one week after surgery.
- Be sure to take supplements with food to help prevent pouch upset and increase absorption.
- Do not take your calcium and iron supplements at the same time. You need to space them 2 hours apart.
- Be sure to get your blood work done as ordered by your practitioner. If you need additional supplementation, he/she will prescribe extra supplements.

<b>Vitamin Supplement</b>	<b>iMetabolic</b>	<b>Bariatric Advantage</b>
Breakfast	1 daily chewable multivitamin/mineral 1 chewable calcium	1 daily chewable multivitamin/mineral
AM Snack	1 chewable calcium	1 calcium lozenge
Lunch	1 whole iron glycinate (cut in half)	1 chewable 18mg iron
PM Snack	1 whole zinc tablet (cut in half)	1 calcium lozenge
Dinner	1 daily chewable multivitamin/mineral 1 chewable calcium	1 daily chewable multivitamin/mineral
Evening Snack	1 chewable calcium	1 calcium lozenge
<b>Total Tablets/Day</b>	<b>8 tablets</b>	<b>6 tablets</b>

<b>Starter Packs</b>	<b>iMetabolic</b>	<b>Bariatric Advantage</b>
Buy all 4 iMetabolic supplements or all 3 Bariatric Advantage supplements and receive a 10% discount.	Daily Chewable Multivitamin/Mineral	Complete Chewable MultiFormula with B-Complex & Minerals <b>OR</b> Chewable Multi Formula High in Vitamins A, D, E, K
	Chewable Calcium	Calcium Citrate Lozenges
	Iron Glycinate	18 mg Chewable Iron
	Zinc Chelate	