



WESTERN BARIATRIC
INSTITUTE

GASTRIC BYPASS 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.

Vitamin Supplement	iMetabolic	Bariatric Advantage
Breakfast	1 daily chewable multivitamin/mineral 2 chewable calcium	1 daily chewable multivitamin/mineral
AM Snack	2 chewable calcium	1 calcium lozenge 1 B-50 Complex
Lunch	1 daily chewable multivitamin/mineral 1 whole iron glycinate (cut in half)	1 chewable 18mg iron
PM Snack	1 whole zinc tablet (cut in half) 1 Sublingual B12 Plus	1 calcium lozenge
Dinner	1 daily chewable multivitamin/mineral 1 whole iron glycinate (cut in half)	1 daily chewable multivitamin/mineral
Evening Snack	2 chewable calcium	1 calcium lozenge
Total Tablets/Day	13 tablets	7 tablets

Starter Packs	iMetabolic	Bariatric Advantage
Buy all 5 iMetabolic supplements or all 4 Bariatric Advantage supplements and receive a 10% discount.	Daily Chewable Multivitamin/Mineral	Complete Chewable MultiFormula with B-Complex & Minerals
	Chewable Calcium	Calcium Citrate Lozenges
	Iron Glycinate	18 mg Chewable Iron
	Zinc Chelate	B-50 Complex Capsules
	Sublingual B12 Plus	