

## Gastric Band Post-Op Multivitamin-Mineral Supplementation

Because the amount of food you are now able to eat is extremely limited, you will need to have multivitamin-mineral supplementation every day for the rest of your life.

The American Society for Metabolic and Bariatric Surgery offers the following suggestions for supplementation after gastric band surgery:

- Start with liquid or chewable form. Later you may be able to tolerate a tablet or capsule.
- A high-potency vitamin that contains 100% of daily value for at least 2/3 of nutrients.
- Choose one that contains at least 18 mg iron and 400 mcg folic acid.
- It also needs to have selenium and zinc. Children's vitamins may be incomplete.
- 1500 mg calcium citrate with vitamin D3.
  - Take at least 2 hours apart from iron-containing multivitamin.
  - Split into 500 mg doses spaced evenly throughout the day.
- Optional: B-50 complex liquid.
- For all supplements, avoid time-release formulas and enteric coated capsules or tablets.

As always, if you have questions, please ask your surgeon or bariatric dietitian.