



Vitamins After Weight-Loss Surgery

A daily bariatric multivitamin protects you for life. Pick ONE product below and take it every day.

APPROVED MULTIVITAMIN OPTIONS

PRODUCT	COST/MO	IRON	DOSE	FORM	BEST USE
ProCare 45 mg	\$18-20	45 mg	1/day	Capsule	Default — best balance, ASMBS-aligned
BariatricPal ONE	\$15	45-60 mg	1/day	Capsule	Budget alternative
BariMelts / BariFusion Melt	\$27-30	45 mg	2-4/day	Melt	Early post-op intolerance (0-3 mo)
BariFusion Chewable	\$17-20	45 mg	1/day	Chewable	If adherence/swallowing issues

- First 3 months: a melt or chewable is easier on a sensitive stomach.
- After 3 months: switch to a capsule (ProCare or BariatricPal ONE) for cost and convenience.
- These are FSA/HSA eligible — save your receipts.

WHAT YOUR DAILY SUPPLEMENTS SHOULD COVER

NUTRIENT	DAILY TARGET	NOTES
Iron (elemental)	18 mg (men/postmenopausal)	45-60 mg (menstruating women)
Vitamin B12	350-500 mcg oral/sublingual daily	or 1000 mcg IM monthly
Folate (folic acid)	400-800 mcg daily	800-1000 mcg if planning pregnancy
Vitamin D3	3000 IU daily	titrate to keep 25-OH-D > 30 ng/mL
Calcium citrate	1200-1500 mg daily	split doses, separate from MVI/iron
Zinc / Copper	8-22 mg zinc	1-2 mg copper (keep 8-15:1 ratio)
Vitamin A	5000-10,000 IU daily	higher attention after RYGB / BPD-DS
Thiamine (B1)	≥12 mg daily in MVI	treat empirically if any vomiting

Take calcium citrate SEPARATELY from your iron and multivitamin (at least 2 hours apart) so both absorb properly.

CALL YOUR BARIATRIC TEAM IF...

- Persistent nausea or vomiting — you may need thiamine urgently.
- Numbness, tingling, balance problems, or confusion.
- Unusual fatigue, hair loss, or shortness of breath.
- You cannot keep your vitamins down for more than a few days.