

Vitamin Supplements After Bariatric Surgery

Vitamins	Dosages	Function	Notes
Multivitamins	1 tablet daily	Ensure adequate micronutrient intake	Start with chewable or liquid form immediately after surgery
Calcium (Calcium citrate)	1200 - 1500 mg daily in divided dose. Split dose: 500-600 mg per dose.	Metabolism, Bone strength, Heart function, Tissue repair	Affects iron absorption. Take at least 2 hours apart from iron.
Vitamin B-1 (Thiamin)	B-complex 1 tablet daily (50 mg dose)	Metabolism, Nerve function Muscle function	
Vitamin B-12 (Cobalamin)	500-1000 mcg daily (sublingual tablets or capsules), 500 mcg nasal spray weekly, 1000 mcg injection monthly	Blood cell development and function, Nerve function, Gastrointestinal function	
Iron	18-27 mg elemental iron daily	Red blood cell function	Take with vitamin C to improve absorption. Do not take with calcium.
Vitamin C	500 mg daily	Iron absorption, Wound healing, Reduces risk for infections	Take with iron
Zinc	10-20 mg daily	Wound healing, Immune System	Helps with hair growth
Biotin	3000 mcg daily	Metabolism	Helps with hair growth

Vitamins levels are monitored routinely by blood tests during the post-operative period. Individual requirements are discussed during post-operative visits. Other vitamins not listed may be required based on lab results.