

# HEALTHFUL TIPS



## How to Choose the Right Multi

Eating right and taking proper vitamin and mineral supplements consistently are key to your health after surgery. For individual recommendations, ask your bariatric surgeon or nutritionist. Select the right supplements for you based on nutritional adequacy, taste, cost, and convenience. Here's how some of the leading supplements stack up. If you'd like to take something different, use the label to fill in the last column and make sure it's got the bases covered.

	Daily Value	ASBMS Guidelines	Flintstones Complete Chew (2)	Centrum Chew (2)	Bariatric Fusion Soft Chew (2)	Bariatric Fusion Capsule (1)	Compare Another Option
Approximate Cost Per Day			\$ 0.25	\$0.20	\$1.00	\$0.53	
Vitamin A	5000 IU	5000-10,000 IU	6000 IU	900 IU	7,500 IU	2250 IU	
Vitamin C	60 mg		120 mg	120 mg	180 mg	180 mg	
Vitamin D 3	400 IU	At least 3000 IU	1200 IU	800 IU	3000 IU	75 IU	
Vitamin E	30 IU	15 IU	60 IU	27 IU	30 IU	20 IU	
Vitamin K	80 mcg	90-120 mcg	110 mcg	20 mcg			
Vitamin B 1 (Thiamin)	1.5 mg	At least 12 mg	3 mg	3 mg	12 mg	12 mg	
Vitamin B 2 (Riboflavin)	1.7 mg		3.4 mg	3.4 mg	1.7 mg	1.7 mg	
Niacin	20 mg		30 mg	40 mg	20 mg	20 mg	
Vitamin B 6	2 mg		4 mg	4 mg	2 mg	2 mg	
Biotin	300 mcg		80 mcg	90 mcg	600 mcg	800 mcg	
Pantothenic Acid	10 mg		20 mg	20 mg	10 mg	10 mg	
Folic Acid	400 mcg	400-800 mcg (800-1000 childbearing)	800 mcg	800 mcg	800 mcg	600 mcg	
Vitamin B 12	6 mcg	350-500 mcg	12 mcg	12 mcg	560 mcg	560 mcg	
Calcium	1000 mg	1200-1500 mg)	200 mg	216 mg	100 mg		
Iron	18 mg	18 mg (45-60 mg (female or hx anemia)	36 mg	16 mg		45 mg	
Phosphorus	1000mg			100 mg			
Iodine	150 mcg		300 mcg	300 mcg	150 mcg	150 mcg	
Magnesium	400 mg			80 mg	50 mg	100 mg	
Zinc	15 mg	8-11 mg	24 mg	30 mg	15mg	30 mg	
Selenium	70 mcg		0	0	70 mcg	70 mcg	
Copper	2 mg	1-2 mg	4 mg	4 mg		2 mg	
Chromium	120 mcg		0	40 mcg	120 mcg	120 mcg	
Molybdenum	75 mcg		0	40 mcg	75 mcg	75 mcg	
Potential Additional Supplements Needed							
Calcium Citrate			1000-1300 mg	1000-1300 mg	1100-1400 mg	1200-1500 mg	
Vitamin D 3			1800 IU	2200 IU	Not needed	2925 IU	
Sublingual Vitamin B 12			500 mcg	500 mcg	500 mcg	500 mcg	
Iron - check with your nutritionist			Maybe	Maybe	Yes	No	