



Midlands Clinic Bariatric Program recommends Bariatric Advantage products, as they are the leader in post-operative vitamins and mineral supplements for weight loss surgery patients. You may purchase products in our office or ask how we can get you set up directly with Bariatric Advantage online.

Gastric Bypass and Sleeve Gastrectomy Patients:

1. Multivitamin:
 - a. Ultra Multi Formula with Iron: three capsules a day. (May take 2 capsules at 1 time.)
**If you take this, you DO NOT need to take additional Iron or B12 supplementation.
 - b. Advanced Multi EA: two tablets a day.
**If you take this, you DO NOT need to take additional Iron or B12 supplementation.
2. Calcium:
 - a. Calcium Citrate Lozenges: three times a day. Available in Cinnamon, Chocolate, and Wild Cherry.
 - b. Calcium Crystals- Drink Mix: twice a day. Available in Unflavored.
 - c. Calcium Citrate Chewy Bites 500 mg: three chews a day. Available in Caramel, Peanut Butter Chocolate, Tropical Orange, Chocolate, Strawberry, Coconut, and Lemon.
3. Chewable Iron 60mg: once a day. (Iron cannot be taken with Calcium).
**You DO NOT need to take this supplement if you are taking the Ultra Multi Formula or the Advanced Multi EA.
4. Vitamin B₁₂ 1000 mcg sublingual daily or 1000 mcg monthly injections.
**You DO NOT need to take this supplement if you are taking the Ultra Multi Formula or the Advanced Multi EA.

Lap- Band Patients:

1. Multivitamin:
 - a. Ultra Multi Formula with Iron: two capsules a day.
2. Calcium:
 - a. Calcium Citrate Lozenges: twice a day. Available in Cinnamon, Chocolate, and Wild Cherry.
 - b. Calcium Crystals-Drink Mix: twice a day. Available in Unflavored. Calcium Citrate
 - c. Calcium Citrate Chewy Bites 500 mg: two chews a day. Available in Caramel, Peanut Butter Chocolate, Tropical Orange, Chocolate, Strawberry, Coconut, and Lemon.

Midlands Clinic has created an easy to follow schedule for your daily vitamin and mineral intake. We hope this schedule will assist in eliminating any confusion as well as assisting you to take your supplements on a daily basis.

	Breakfast	Lunch	Mid-Day	Dinner	Bedtime
Gastric Bypass and Sleeve Gastrectomy	<ul style="list-style-type: none"> • 2 Ultra Multi Formula with Iron 	<ul style="list-style-type: none"> • Calcium Supplement 	<ul style="list-style-type: none"> • Calcium Supplement 	<ul style="list-style-type: none"> • Calcium Supplement 	<ul style="list-style-type: none"> • 1 Ultra Multi Formula with Iron
Weeks 2-6 for Sleeve Gastrectomy <u>Please Note</u> * No matter which Calcium Citrate you take, you are required to take a minimum of 1200-1500 mg per day. * Remember to ALWAYS keep your iron and calcium supplements separate by 2 hours, as they fight for absorption in the body.	<ul style="list-style-type: none"> • 1 Advanced Multi 	<ul style="list-style-type: none"> • Calcium Supplement 	<ul style="list-style-type: none"> • Calcium Supplement 	<ul style="list-style-type: none"> • Calcium Supplement 	<ul style="list-style-type: none"> • 1 Advanced Multi
	Breakfast	Lunch	Dinner	Bedtime	
Lap- Band	<ul style="list-style-type: none"> • 1 Ultra Multi Formula with Iron 	<ul style="list-style-type: none"> • Calcium Supplement 	<ul style="list-style-type: none"> • Calcium Supplement 	<ul style="list-style-type: none"> • 1 Ultra Multi Formula with Iron 	