

# Over the Counter Supplement Options

Use the following table to help guide you in purchasing vitamin and mineral supplements for life after bariatric surgery.

<b>MULTIVITAMIN/MINERAL (CHOOSE 1)</b>	
Bayer One-a-Day® Women's 50+	1 tablet per day
Bayer One-a-Day® Women's	2 tablets per day
Kirkland Signature® Formula Forte Women	2 tablets per day
Webber Naturals® Women's Most Complete Multi	2 tablets per day
Centrum® Women 50+	2 tablets per day
Centrum® Women	2 tablets per day
<b>VITAMIN D (CHOOSE 1)</b>	
Jamieson® D <sub>3</sub> 1000 IU	1-2 tablets per day
Webber Naturals® D <sub>3</sub> 1000 IU	1-2 tablets per day
Ddrops® Liquid Vitamin D 1000 IU	1-2 drops per day
Jamieson® Chewable D 1000 IU	1-2 chews per day
<b>CALCIUM CITRATE (CHOOSE 1)</b>	
Webber Naturals® Calcium Citrate 300 mg	2 tablets – 2 times per day
Citracal® Calcium Citrate + D	2 tablets – 2 times per day
Celebrate® Calcium Citrate Soft Chews	1 chew – 3 times per day
Webber Naturals® Liquid Calcium + Vitamin D	1 Tbsp – 3 times per day
Wellesse® Liquid Calcium	1 Tbsp – 3 times per day
<b>VITAMIN B12 (CHOOSE 1)</b>	
Jamieson® B12 500 mcg or 1000 mcg	1 tablet per day
Webber Naturals® B12 250 mcg	2 tablets per day
Jamieson® Fast Dissolving Strips B12 1000 mcg	1 strip per day or 1 strip every other day
Kirkland Signature Sublingual B12 1200 mcg	1 tablet per day or 1 tablet every other day
<b>IRON and OTHER</b>	
Iron or other vitamin and mineral supplements may be recommended to you by a member of the bariatric team based on blood work after bariatric surgery.	

*Disclaimer: Products may vary. The Ottawa Hospital Bariatric Centre of Excellence does not endorse any of the products listed and does not receive any compensation. They are a list of commercial products that meet the criteria set by the Dietitians at The Ottawa Hospital Bariatric Centre of Excellence and follow the recommendations set by the American Society of Metabolic and Bariatric Surgery (ASMBS).*

**The above recommendations will be individualized as needed by your health care team.**

# Bariatric Supplement Options

You can purchase vitamin and mineral supplements designed for people who have had bariatric surgery. The supplement options below contain all of the vitamins and minerals needed daily for life after bariatric surgery.

## **Celebrate® Vitamins**

Company Name: Celebrate® Vitamins Canada

Website: [www.celebratevitamins.ca](http://www.celebratevitamins.ca)

Purchase: online or in person at The Ottawa Hospital Civic Pharmacy

### **Option #1: Essential Multi 2-in-1 Chewable**

Take 4 chews per day. Allow 2 hours between each chew OR take 2 chews 2 times per day.

*Example schedule:*

Breakfast – 1 chew  
Lunch – 1 chew                      OR                      Breakfast – 2 chews  
Supper – 1 chew    Supper – 2 chews  
Before bed – 1 chew



### **Option #2: Multivitamin Capsule + Calcium Soft Chews**

Take 3 Multivitamin Capsules + 3 Calcium Soft Chews per day. Multivitamin Capsules can be taken together but Calcium Soft Chews are to be separated by at least 2 hours.

*Example schedule:*

Breakfast – 3 Multivitamin Capsules  
Lunch – 1 Calcium Soft Chew  
Supper – 1 Calcium Soft Chew  
Before bed – 1 Calcium Soft Chew



**The above recommendations will be individualized as needed by your health care team.**