






Vitamin and Mineral Supplements For Duodenal Switch

	BRAND	AMOUNT NEEDED	CALCIUM	IRON
	Celebrate Multi-ADEK www.celebratevitamins.com 877-424-1953 *Available in the AdventHealth Celebration Pharmacy	1 chew – 3 times per day OR 1 capsule – 4 times per day	Must also take 500 mg calcium citrate three times per day.	Must also take 45-60 mg elemental iron
	Bariatric Advantage - High ADEK Multi www.bariatricadvantage.com 800-898-6888	1 capsule – 2 times per day	Must also take 500 mg calcium citrate three times per day.	Must also take 45-60 mg elemental iron
	Bariatric Advantage – Advanced Multi EA www.bariatricadvantage.com 800-898-6888	1 chewable – 2 times per day	Must also take 500 mg calcium citrate three times per day.	Contains 45 mg of elemental iron. Pre-menopausal women will need to take an additional 18 mg iron supplement.
	Bariatric Fusion Mixed Berry Complete Chewable Bariatric ADEK www.bariatricfusion.com 866-259-0602	1 chew – 4 times per day	This product contains 1200 mg calcium. Will need to take an additional 500 mg calcium citrate, once per day.	Contains 45 mg iron. Pre-menopausal women will need to take an additional 18 mg iron supplement.
	Bariatric Fusion Bariatric ADEK Multivitamin Capsule with 45mg IRON www.bariatricfusion.com	1 capsule – 3 times per day	Must also take 500 mg calcium citrate three times per day.	Has 45 mg iron. Pre-menopausal women will need to take an additional 18 mg iron supplement.

Multivitamins: Check the label of your multivitamins. Follow the directions on the label for duodenal switch patients.

Calcium: Choose only calcium citrate with vitamin D for best absorption. Do not take more than 500-600 mg at one time.

Iron: Duodenal switch patients need a minimum of 45 mg of elemental iron per day. Pre-menopausal women and people with anemia require 60 mg of elemental iron.

For any questions, please contact the bariatric dietitians. Please check with the dietitians before purchasing a bariatric supplement that is not listed on this page to make sure it meets current bariatric standards.

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*Many of these products are also available on Amazon.com.