## Vitamin and Mineral Supplements For Duodenal Switch

<table>
<thead>
<tr>
<th>BRAND</th>
<th>AMOUNT NEEDED</th>
<th>CALCIUM</th>
<th>IRON</th>
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</table>
| **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.*