

FREE

Bariatric-Safe Supplement Guide

After bariatric surgery, proper supplementation is crucial to prevent deficiencies and support overall health. This guide covers essential vitamins and minerals, their benefits, and the best forms for absorption.



BARIATRIC GUIDE
BY KAREN



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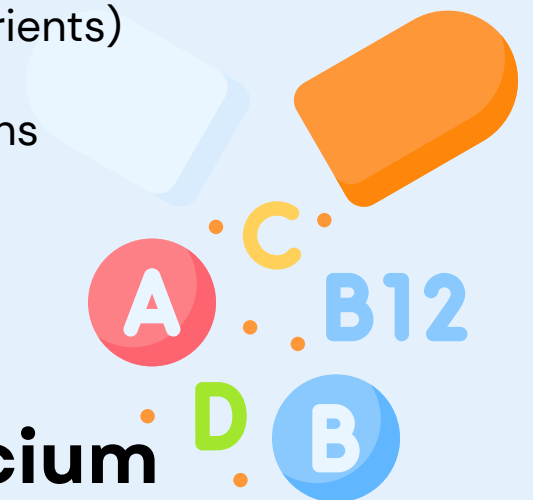
Essential Bariatric Supplements

1. Multivitamin (With Iron if Needed)

✓ Why? Prevents general deficiencies, supports immune function, and maintains overall health.

✓ Best Form:

- Chewable or liquid in the early post-op phase
- Capsule or tablet after the stomach has healed
- Avoid gummy vitamins (often lack essential nutrients)
- ✓ What to Look For:
 - At least 200% of the daily value for most vitamins
 - Contains Iron (unless contraindicated)



2. Calcium Citrate (NOT Calcium Carbonate)

- ✓ Why? Essential for bone health; prevents osteoporosis.
- ✓ Best Form: Calcium Citrate (better absorbed after surgery)
- ✓ Dosage: 1,200–1,500 mg daily (divided into 500 mg doses for best absorption)
- ✓ Avoid: Calcium carbonate (requires stomach acid for absorption, which is reduced after surgery)
- ✓ Important: Do not take calcium and iron together (they compete for absorption)

3. Vitamin D3

- ✓ Why? Enhances calcium absorption, supports immune function, and prevents deficiencies.
- ✓ Best Form: Vitamin D3 (Cholecalciferol)
- ✓ Dosage: 3,000–5,000 IU daily (or as recommended based on bloodwork)
- ✓ Monitor: Vitamin D levels regularly, as deficiencies are common post-op.



4. Iron (If Needed)

- ✓ Why? Prevents anemia, especially in gastric bypass patients.
- ✓ Best Form:
 - Ferrous fumarate, ferrous gluconate, or carbonyl iron (gentler on digestion)
 - Avoid ferrous sulfate (poorly absorbed and can cause GI issues)
- ✓ Dosage: 45–60 mg daily (if prescribed)
- ✓ Important: Take iron separately from calcium for best absorption.



5. Vitamin B12

- ✓ Why? Prevents fatigue, nerve damage, and anemia.
- ✓ Best Form:
 - Sublingual (under the tongue) or injection (bypass stomach absorption)
 - Methylcobalamin or Cyanocobalamin (either is fine, but methylcobalamin is more bioavailable)
- ✓ Dosage: 500–1,000 mcg daily (or as recommended based on bloodwork)



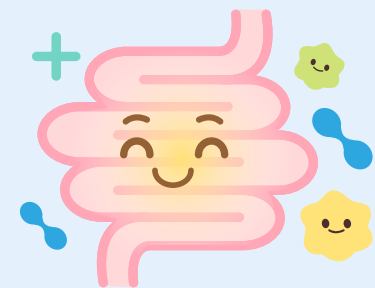
6. Magnesium (For Muscle & Nerve Function)

- ✓ Best Forms:
 - Magnesium Glycinate – Best for sleep, relaxation, and muscle recovery.
 - Magnesium Malate – Best for energy and muscle pain.
- ✓ Avoid: Magnesium citrate and magnesium oxide (can cause diarrhea and malabsorption post-op)
- ✓ Dosage: 200–400 mg daily



7. Probiotics (Gut Health & Digestion)

- ✓ Why? Supports digestion, reduces bloating, and enhances nutrient absorption.
- ✓ Best Type:
 - Multi-strain probiotics (look for Lactobacillus & Bifidobacterium strains)
 - At least 10–20 billion CFUs
- ✓ Dosage: Once daily



8. Omega-3 Fatty Acids (Fish Oil or Algal Oil for Vegetarians)



- ✓ Why? Supports heart health, reduces inflammation, and aids brain function.
- ✓ Best Form: Triglyceride-based fish oil (better absorbed than ethyl ester)
- ✓ Dosage: 1,000–2,000 mg daily (EPA & DHA combined)

9. Zinc

- ✓ Why? Supports immune health, hair growth, and wound healing.
- ✓ Best Form: Zinc citrate, zinc gluconate, or zinc picolinate
- ✓ Dosage: 8–11 mg daily (or as prescribed based on bloodwork)



10. Biotin (Optional – Hair & Skin Health)

- ✓ Why? May support hair growth and skin health.
- ✓ Best Form: Biotin (often included in bariatric multivitamins)
- ✓ Dosage: 5,000 – 10,000 mcg daily (if taken separately)



Additional Tips for Bariatric Patients

- Always take supplements daily! Deficiencies can develop health issues.
- Get regular bloodwork (every 3–6 months in the first year, then annually) to monitor vitamin levels.
- Follow your bariatric team's recommendations for personalized guidance.

Prevention guidelines

Preventing complications after bariatric surgery is crucial for a successful recovery and long-term health. To minimize potential issues, consider the following guidelines:



1. Adhere to the Postoperative Diet Provided by Your Medical Team

Following the specific dietary plan designed by your healthcare providers is essential. This plan typically progresses from liquids to pureed foods, and eventually to solid foods, allowing your digestive system to heal properly. Strict adherence helps prevent complications such as nausea, vomiting, and dumping syndrome.



2. Take Prescribed Vitamin and Mineral Supplements

Bariatric surgery can affect nutrient absorption, leading to deficiencies in vitamins and minerals like iron, vitamin B12, calcium, and vitamin D. To prevent issues such as anemia and osteoporosis, it's vital to take the recommended supplements as directed by your healthcare team.



3. Achieve the Recommended Protein Intake

Adequate protein consumption (60–100gr daily) supports muscle maintenance and overall recovery. Incorporate high-protein foods into your meals as advised by your dietitian to meet daily protein goals.

4. Stay Hydrated

Proper hydration is essential for digestion and overall health. Aim to drink at least 1.5 liters of water daily, taking small sips throughout the day to accommodate your reduced stomach size.



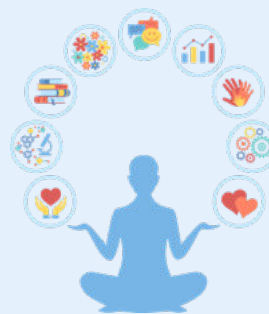
5. Engage in Regular Physical Activity

Light exercises, such as walking, can promote healing and reduce the risk of complications like blood clots. Gradually increase activity intensity as recommended by your healthcare provider.



6. Attend Follow-Up Appointments

Regular check-ups with your medical team are crucial to monitor your progress, assess nutritional status, and address any concerns promptly. This proactive approach ensures timely interventions if issues arise.



7. Seek Psychological Support

Significant lifestyle changes post-surgery can impact mental health. Engaging in therapy or support groups can help you navigate emotional challenges and maintain long-term success.

By diligently following these guidelines and maintaining open communication with your healthcare providers, you can effectively prevent complications and achieve optimal outcomes after bariatric surgery.

About ALO Bariatrics



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