


Non-Chewable Vitamin Shopping Guide




- Review any vitamin not on this list with your dietitian.
- Non-chewable vitamins are allowed when you are on regular /solid food diet stage.
- Check your vitamin levels every 3 months for the first year after surgery then, at least yearly thereafter.
- Try to separate multivitamin(s) with iron or, any iron supplement, from calcium by at least 2 hours.
- If swallowing pills are difficult, try opening the capsule, cut the tablet or choose a [chewable](#) vitamin instead.

Multivitamin (choose 1)				
Name of Product	Picture	Dose	Where to Buy	Avg. Monthly Cost
Bariatric Advantage Ultra Solo		1 capsule daily	bariatricadvantage.com <i>*Use validation code "BWHC" on main page for 15% off</i>	\$15.93*
Celebrate ONE 45		1 capsule daily	celebratevitamins.com	\$15.31
Bariatric Fusion		1 capsule daily	Bariatricfusion.com Amazon	\$15.99
Bariatric Choice		1 capsule daily	Amazon	\$9.99
ProCare (Tablet) Citrus Scent		1 tablet daily	www.procarenow.com Amazon	\$17.38
Barilife Just ONE Vanilla Scent		1 tablet daily	barilife.com Amazon	\$16.99
Nature Made Multi with Iron		2 tablets daily Add 500 mcg separate vitamin B12	CVS/Walgreens Walmart Target Amazon	\$6.45



Calcium Citrate (choose 1)

- Your body needs 1200-1500mg of calcium citrate daily, if you get a lot of calcium from food and beverages, your dietitian may adjust your supplement dose. Find more food sources [here](#).
- Check the serving size on the label to ensure you're taking no more than 500-600mg per dose (maximum your body can absorb at one time).
- Try to separate each dose of calcium by at least 4 hours and separate calcium from multivitamins or iron supplements by at least 2 hours.
- Verify the form is calcium CITRATE, this is easiest to absorb and can be taken without food.

Calcium Citrate with Vitamin D

Name of Product	Picture	Dose	Where to Buy	Avg. Monthly Cost
Citracal Calcium Citrate + D3 Maximum		2 caplets, twice daily (1260 mg total)	CVS Shaw's Stop & Shop Walgreens Walmart Amazon	\$9.99
Citracal Calcium Citrate + D3 Petites		3 tablets, twice daily (1200 mg total)	CVS Shaw's Stop & Shop Walgreens Walmart Amazon	\$14.99
CVS, Walgreens, Walmart Calcium Citrate Petites w/ vitamin D		3 tablets, twice daily (1200 mg total)	CVS Walgreens Walmart	\$7.88 - \$17.79

Calcium Citrate without Vitamin D

Name of Product	Picture	Dose	Where to Buy	Avg. Monthly Cost
Spring Valley Calcium Citrate		2 tablets, twice daily (1200 mg total)	Walmart	\$3.55
Nutricost Calcium Citrate Powder		1 scoop, twice daily (1300mg total)	Amazon	\$11.95