






Non-Chewable Vitamin Shopping Guide for: Single Anastomosis Duodenal Ileostomy (SADI), Duodenal Switch (DS) or Type 1 Distalization Procedures

Supplements needed for life:

- Bariatric “High ADEK” formulated multivitamin(s)
- Iron: 45-65 mg iron (may be in multivitamin)
- Calcium citrate + Vitamin D:
 - 1500-1800 mg (SADI)
 - 1800-2400mg (DS/Type 1 Distalization)

*Any vitamin not on below list should be reviewed by your dietitian for approval.

Multivitamin (Choose 1 and other supplements as listed)				
Name of Vitamin	Picture	Dose	Where to Buy	Avg. Monthly Cost
Barilife Complete: Bariatric Vitamin Formula with 60mg iron		8 tablets/day	www.barilife.com/	\$37.00
Bariatric Fusion: High ADEK Multivitamin with 45mg iron		3 capsules/day Add calcium	bariatricfusion.com	\$22.99
Procure Health: DS/SADI Bariatric Multivitamin with 60mg iron		1 capsule/day Add calcium	procarenow.com	\$14.99
Celebrate: Multi-ADEK		2 capsules/day Add calcium and iron	celebratevitamins.com	\$20.00
Bariatric Advantage: High ADEK Multi		2 capsules/day Add calcium and iron	bariatricadvantage.com	\$19.50





To assess your vitamin levels, lab work is recommended every 3 months for the first year after surgery, and at least 1 time a year after.

Iron supplements (choose 1, if needed)

Name of Product	Picture	Dose	Where to Buy	Avg. Monthly Cost
Nature Made or Nature's Bounty 65 mg iron (ferrous sulfate)		1 tablet/day	CVS/Walgreens Walmart Target Amazon	\$2.00-\$4.00
Vitron-C 65 mg Iron (with vitamin C)		1 tablet/day	CVS/Walgreens Walmart Target Amazon	\$6.50
Bariatric Fusion Iron 60 mg		1 capsule/day	bariatricfusion.com	\$7.00
Bariatric Fusion Iron 45mg May be suitable for men and post-menopausal women.		1 capsule/day	https://www.bariatricfusion.com/bariatric-iron/	\$7.00 (capsule)

Calcium Citrate (choose 1, if needed)

- After surgery, you need 1500-1800 mg calcium per day (for SADI procedures) or 1800-2400mg (DS/Type 1 Distalization procedures.)
- Talk to a dietitian about your calcium dose if eat a calcium rich diet. See our calcium guide [here](#).
- Check the serving size to verify you are taking no more than 500-600mg per dose (the 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 with iron, or iron supplements, by at least 2 hours.
- Choose calcium CITRATE supplements, this is the easiest form of calcium to absorb and does not need to be taken with food.

Name of Product	Picture	Dose	Where to Buy	Avg. Monthly Cost
Citracal Calcium Citrate + D3 <i>Maximum Plus</i>		2 caplets 3x/day (1950 mg total)	CVS Shaw's Stop & Shop Walgreens Walmart Amazon	\$20.00
CVS, Walgreens, Walmart brand Calcium Citrate <i>Petites w/ vitamin D</i>		3 tablets 3x/day (1800 mg total)	CVS Walgreens Walmart	\$15.00-\$20.00

Average cost based on 3-month supply as of data available by updated date: 01/2025.