



Chewable Vitamin Shopping Guide





Helpful reminders about your bariatric vitamin needs:

- You will need multivitamin(s) (with iron and b12) AND separate calcium (see page 3 for options)
- You should be on chewable vitamins from stage 3A until at least stage 4 post-surgery
 - Avoid “gummy” multivitamins (they are not complete for bariatric needs)
- Separate your iron (usually in the multivitamin) from calcium supplement by at least 2 hours
- Any vitamin not on this list should be brought into your nutrition appointment for approval

Multivitamin Options

GOLD LEVEL ★★

“Gold” multivitamins are complete, including adequate iron and B12. Just add calcium (from page3).

| NAME | DOSE | WHERE TO BUY | PRICES | |
|---|---------------|---|---|---|
| Celebrate Multi – Complete Restrictive 45 (“MC R 45” Tropical Twist) | 1 tablet/day | www.celebratevitamins.com or By Phone 877-424-1953 | \$17.95 (30 ct) \$45.95 (90 ct) |  |
| Bariatric Advantage Advanced Multi EA Chewable | 2 tablets/day | www.bariatricadvantage.com or By Phone 1-800-898-6888 | \$37.45 (60 ct) <i>Use code “BWHC” on main page for 15% off</i> |  |
| Opurity Bypass & Sleeve Optimized Multivitamin | 1 tablet/day | www.opurity.com or By Phone 1-800-517-5111 | \$29.95 (90 ct) <i>Use code “MABWHC02” for 10% off your 1st order</i> |  |
| ProCare Health Bariatric Complete Chewable | 1 tablet/day | www.procarenow.com or By Phone 877-822-5808 | \$11.99 (30 ct) |  |



SILVER LEVEL ★★☆☆

These multivitamins are low in certain nutrients; be sure to add any additional vitamins as noted:

| NAME | DOSE | WHERE TO BUY | PRICES |
|--|---|---|---|
| Flintstone's Complete Children's Chewable (not gummy) | 2 tablets/day + need 500 mcg of B12 daily | BJs, CVS, Walgreens Walmart Stop & Shop | \$14.99 (200 ct)* \$17.99 (150 ct)* \$15.49 (150 ct)* *cost varies by location |
| <p><i>*This option is low in B1/Thiamine, Selenium, Vitamin A and Vitamin D.</i></p> | | | |
| FitforMe Sleeve – WLS Optimum Chew OR Bypass – WLS Forte Chew | 1 tablet/day + 1 Ferro tablet/day | www.fitforme.com or by phone 1 (877) 704-0847 | \$84.95 for 3 months supply |
| <p><i>*Comes with separate iron and copper (Ferro Optimum or Ferro Forte) free of charge. *This option is low in vitamin B1/thiamin and vitamin A.</i></p> | | | |
| BariActiv Supplements & Nascobal Nasal Spray | 2 daily MVI/day 2 Calcium/day 3 iron/day B12 nasal spray (1 x per day) | 1. Tell us if you're interested, we will provide you with an enrollment form 2. Call 855-828-1488 to check on the status of order. | \$0 copay through insurance (depending on insurance – not usually covered with BCBS and Medicare, nasal spray only with MassHealth) |
| <p><i>*All vitamins need to be taken to meet needs. This option is low in vitamin A. *MassHealth covers nasal spray only.</i></p> | | | |
| Celebrate Multi Soft Chew | 2 chews/day + need 36 mg of iron daily | www.celebratevitamins.com or By Phone 877-424-1953 | \$69.95 (180 ct) \$25.95 (60 ct) |
| Celebrate Essential Multi 3 in 1 Powder <i>This product contains calcium* and fiber</i> | 2 sticks/scoops per day + need 36 mg of iron daily | www.celebratevitamins.com or By Phone 877-424-1953 | \$21.95 (30 ct sticks) \$27.95 (60 serving tub) |
| <p><i>*Additional calcium citrate may be needed, depending on food intake.</i></p> | | | |





CALCIUM CITRATE WITH VITAMIN D







- Your body needs 1200-1500 mg of calcium daily (may come from food or supplement)
- Calcium supplement should be “CITRATE” form (read ingredient list) -can take without food
- Limit 1 supplement dose to 600 mg at a time for absorption. Check SERVING SIZE
- Separate each calcium supplement dose by at least 4 hours (to allow for absorption).
- Separate calcium from iron (usually in multivitamin) by at least 2 hours

| NAME | DOSE | WHERE TO BUY | Price | |
|---|---|--|--|---|
| Bariatric Advantage Calcium Citrate Chewy Bites | 1 chew 3x/day (1500 mg total) | www.bariatricadvantage.com or By Phone 1-800-898-6888 | \$33.95 (90 ct) <i>Use code “BWHC” on main page for 15% off</i> |  |
| Celebrate Calcium Citrate Soft Chews | 1 chew 3x/day (1500 mg total) | www.celebratevitamins.com or By Phone 877-424-1953 | \$30.95 (90 ct) \$91.95 (270 ct) |  |
| Bariatric Advantage Calcium Citrate Chewable | 1 tablet 3x/day (1500 mg total) | www.bariatricadvantage.com or By Phone 1-800-898-6888 | \$24.95 (90 ct) <i>Use code “BWHC” on main page for 15% off</i> |  |
| Celebrate Calcium Plus 500 | 1 tablet 3x/day (1500 mg total) | www.celebratevitamins.com or by phone 877-424-1953 | \$20.95 (90 ct) |  |
| Opurity Calcium-Citrate Plus - Chewable | 2 tablets 2x/day (1200 mg total) | www.opurity.com or By Phone 1-800-517-5111 | \$13.95 (125 ct) <i>Use code “MABWHC02” for 10% off your 1st order</i> |  |
| Kal Calcium Citrate Chewable | 1 chew 3x/day (1500 mg total) | Vitamin Shoppe or www.amazon.com | \$7.89 (60 ct) \$10.39 (60 ct) |  |
| UpCal D Calcium Citrate Powder | 1 scoop/pkg 3x/day (1500 mg total) | www.amazon.com or www.procarenow.com | \$12.00 (80 ct) \$23.00 (160 ct) \$17.00 (20 oz can) |  |
| Wellesse Calcium and Vitamin D3 Liquid | 1 tablespoon 3x/day (1500 mg total) | Walgreens or www.amazon.com or bariatricchoice.com | \$6.97 (16 oz) \$11.22 (16oz) \$7.99 (16 oz) |  |



IRON SUPPLEMENTS (CHEWABLE)*

***If your multivitamin does not contain iron, you need to select additional iron (36-45 mg iron/daily):**

| NAME | DOSE | WHERE TO BUY | Price | |
|--|--|--|---|---|
| Celebrate Iron + C 60 mg Soft Chew (Pineapple) | 1 soft chew/day | www.celebrate vitamins.com or By Phone 877-424-1953 | \$37.95 (90 ct) |  |
| Celebrate Iron +C 60 mg Chewable (Grape, Berry, Tangerine) | 1 tablet/day | www.celebrate vitamins.com or By Phone 877-424-1953 | \$24.95 (90 ct) |  |
| Celebrate Iron + C Chewable 18mg (Tangerine) | Dose as recommended by dietitian or doctor | www.celebratevitamin s.com or By Phone 877-424-1953 | \$8.95 (30 ct) – 18mg |  |
| Bariatric Advantage 60 mg Chewable Iron with Vitamin C (Lemon-Lime) | 1 tablet/day | www.bariatric advantage.com | \$39.45 (90 ct) <i>Use code "BWHC" for 15% off</i> |  |
| Bariatric Advantage Chewable Iron (+ Vitamin C) 18mg (Strawberry) | Dose as recommended by dietitian or doctor | www.bariatric advantage.com or By Phone 1-800-898-6888 | \$24.15 (90 ct) |  |
| Vitron-C 65mg chewable | 1 tablet/day | CVS, Rite Aid, Walgreens, Walmart, Wegmans | Walmart: \$12.97 (60 ct) CVS: \$15.99 (60 ct) |  |

VITAMIN B12 Options

***If your multivitamin does not contain at least 350 mcg of B12, you need additional (350-500 mcg daily)**

- Choose “sublingual”, “chewable” or “liquid” form until at least stage 4 of diet
- You can take vitamin B12 at any time: with your multivitamin(s) OR calcium
- Nasal sprays or injections are also options for vitamin B12. Ask your bariatric team about these.

Vitamin B12 can be easily found at several stores including:

BJs, Costco, CVS, GNC, Grocery Stores, Rite Aid, Target, Vitamin Shoppe, Walgreens, Walmart, etc

