

GASTRIC BYPASS SURGERY

Schedule of Supplements

<u>Time</u>	<u>Supplements</u>
7:00 A.M. <u>OR</u> 10:00 P.M.	1 Iron supplement with water
9:00 A.M. Breakfast	2 children's chewable or 1 adult multi-vitamin/mineral 500-600 mg calcium citrate with Vitamin D 500 mcg <i>sublingual</i> /Vitamin B ₁₂
12 noon Lunch	500-600 mg calcium citrate with Vitamin D
6:00 P.M. Dinner	500-600 mg calcium citrate with Vitamin D 50,000 IU dry Vitamin D ₃ <u>once per week</u>