

## **SLEEVE GASTRECTOMY SURGERY**

### Schedule of Supplements

#### **Time**

After  
Breakfast

#### **Supplements**

2 children's chewable or 1 adult multi-vitamin/mineral  
500-600 mg calcium with Vitamin D  
500 mcg *sublingual* Vitamin B<sub>12</sub>

After Lunch or Dinner 500-600 mg calcium with Vitamin D  
1,000 IU Vitamin D