

DUODENAL SWITCH AND DISTAL GASTRIC BYPASS Schedule of Supplements

<u>Time</u>	<u>Supplements</u>
7:00 A.M. <u>OR</u> 10:00 P.M.	Iron supplement with water
9:00 A.M. Breakfast	1 chewable Celebrate Multi-ADEK <u>OR</u> 1 chewable Bariatric Advantage High ADEK Multivitamin (with minerals) <u>OR</u> 2 Celebrate Multi-ADEK capsules <u>OR</u> 1 AquaADEKs softgel 500-600 mg calcium citrate with Vitamin D 500 mcg <i>sublingual</i> Vitamin B ₁₂
12 noon Lunch	1 chewable Celebrate Multi-ADEK <u>OR</u> 1 chewable Bariatric Advantage High ADEK Multivitamin (with minerals) <u>OR</u> 2 Celebrate Multi-ADEK capsules <u>OR</u> 1 AquaADEKs softgel 500-600 mg calcium citrate with Vitamin D
3:00 P.M. Snack	500-600 mg calcium citrate with Vitamin D
6:00 P.M. Dinner	1 chewable Celebrate Multi-ADEK <u>OR</u> 1 chewable Bariatric Advantage High ADEK Multivitamin (with minerals) 500-600 mg calcium citrate with Vitamin D 50,000 IU dry Vitamin D ₃ <u>once per week</u>
8:00 P.M.	Rest of calcium citrate, if needed. (Take calcium citrate at least 2 hours before taking iron.)