

## ENDOSCOPIC SLEEVE GASTROPLASTY SURGERY

### Schedule of Supplements

<u>Time</u>	<u>Supplements</u>
After Breakfast	2 children's chewable or 1 adult multi-vitamin/mineral 500-600 mg calcium with Vitamin D 500 mcg <i>sublingual</i> Vitamin B <sub>12</sub>
After Lunch or Dinner	500-600 mg calcium with Vitamin D 1,000 IU Vitamin D