## SLEEVE GASTRECTOMY SURGERY

Schedule of Supplements

<table>
<thead>
<tr>
<th>Time</th>
<th>Supplements</th>
</tr>
</thead>
<tbody>
<tr>
<td>After Breakfast</td>
<td>2 children’s chewable or 1 adult multi-vitamin/mineral</td>
</tr>
<tr>
<td></td>
<td>500-600 mg calcium with Vitamin D</td>
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<tr>
<td></td>
<td>500 mcg <em>sublingual</em> Vitamin B&lt;sub&gt;12&lt;/sub&gt;</td>
</tr>
<tr>
<td>After Lunch or Dinner</td>
<td>500-600 mg calcium with Vitamin D</td>
</tr>
<tr>
<td></td>
<td>1,000 IU Vitamin D</td>
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</tbody>
</table>