

## Adjustable Gastric Band Supplement Guidelines

Keep medications and supplements apart by at least one hour so they do not interfere with the absorption with each other!!!

You can swallow whole pills when you can tolerate soft solid food OR when your surgeon says that it is OK. However, if your pill or capsule is smaller than the tip of your pinkie finger, you can swallow it now.

### 1. Multi-vitamin with Minerals

- 1 Adult (i.e. Centrum®) pill/capsule OR adult chewable or liquid
- Do not take the gummy vitamins.
- Best taken with meals

### 2. Calcium with vitamin D

- Should be taken with food in divided doses: \_\_\_\_\_ mg \_\_\_\_\_ times per day.
- Do NOT take more than 600mg of calcium at one time.
- Examples: Caltrate® 600+D Plus, Viactiv®, Adora®, Global Health®, GNC be BALANCED™, Just An Ounce
- If taking iron supplements, do NOT take calcium within 2 hours of iron
- Doses recommended
  - Women/Men 18 yrs and younger 1300 mg/day
  - Women/Men 19-50 yrs 1000 mg/day
  - Women/Men 51 yrs and older 1200 mg/day

### 3. Vitamin D

- Take 1,000 IU Vitamin D daily in addition to the Vitamin D in your calcium supplement
- Should be taken after a meal with one of your calcium pills

**\*\*\*You need to take supplements for the rest of your life. Blood work will determine if you need to take any additional vitamins, minerals or supplements.**

Other supplements:

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