

ALL ABOUT VITAMINS - HANDOUT

Journaling Exercise: Vitamin Maintenance Plan

Example Plan for:

Sleeve or Bypass

(LapBand patients may take a multivitamin alongside Calcium w/Vitamin D3)

**prices of vitamins subject to change and dependent on quality ordered and shipping method*

RECOMMENDATION	TYPE OF VITAMIN	FREQUENCY	COST
Multivitamin	Choose 1 Brand		
	ProCare Health Multivitamin w/Iron (chews or capsules)	1 daily	\$13.40 (1 month) + tax and S&H
	Probiotic Multi w/Iron (capsules)	2 daily	\$22.99 (1month) + tax and S&H
Calcium with Vitamin D3	Choose 1 Brand		
	ProCare Health Calcium Chews (Sea-salted Caramel, Dinner Mint, or Cinnamon Bun)	3 daily	\$12.99 (30 count) \$29.99 (90 count) + tax and S&H
	ProCare Health Chocolate Calcium Bars	3 daily	\$23.99 (30 count) \$59.39 (90 count)

**Additional supplements may include: Vitamin D3, B12 and/or B-Complex (or others) – dependent on your individual needs and program requirements.*



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Example Plan for:

BPD-DS or SADI

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RECOMMENDATION	TYPE OF VITAMIN	FREQUENCY	COST
Multivitamin	Choose 1 Brand		
	ProCare Health Multivitamin w/Iron (chews or capsules)	1 daily	\$13.40 (1 month) + tax and S&H
	Probiotic Multi w/Iron (capsules)	2 daily	\$22.99 (1month) + tax and S&H
Calcium with Vitamin D3	Choose 1 Brand		
	ProCare Health Calcium Chews (Sea-salted Caramel, Dinner Mint, or Cinnamon Bun)	4 daily	\$12.99 (30 count) \$29.99 (90 count) + tax and S&H
	ProCare Health Chocolate Calcium Bars	4 daily	\$23.99 (30 count) \$59.39 (90 count)
Vitamin K	Vitamin K OTC (OTC usually come in small doses of 100 mcg tabs) <i>NOTE: 300mcg TOTAL is recommended for BPD-DS patients</i> *Dosing should be recommended and supervised by your provider	1-2 OTC tab(s) @ 100mcg each NOTE: 1 - 100mcg tab alongside 1 ProCare multivitamin = 250mcg/daily NOTE: 2 -100mcg tabs alongside 1 ProCare multivitamin = 350mcg/daily	Can be purchased at less than \$10 bottle (online or at Supermarket/Pharmacies)

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YOUR PLAN

RECOMMENDATION	TYPE OF VITAMIN	FREQUENCY	COST
Multivitamin	Choose 1 Brand		
Calcium with Vitamin D3	Choose 1 Brand		
Other Supplement(s)			

**Additional supplements may include: Vitamin K, Vitamin D3, B12 and/or B-Complex (or others) – dependent on your individual needs and program requirements.*

