

# Vitamin and mineral supplements after weight loss surgery

 **Information for patients**  
Sheffield Dietetics



In hospital and in the community

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**It is important that you take a lifelong daily complete vitamin and mineral supplement. By taking a daily complete vitamin and mineral supplement it will help prevent nutritional deficiencies such as iron, folate, vitamin D, and calcium deficiencies.**

**If you have had a gastric bypass or sleeve gastrectomy you will also require vitamin B12 injections (1mg) once every three months lifelong.**

**Your practice nurse or GP will give you your vitamin B12 injections but multivitamins and minerals should be bought from a chemist or supermarket.**

## **Which vitamin and mineral supplement should I take whilst on the liquid and pureed stage of weight loss surgery diet?**

There are a number of chewable vitamin and mineral supplements that are available to buy from supermarkets, chemists or on the internet. Some brands are listed below.

You will need to take only one brand of chewable multivitamin and mineral.

- Bassett's Adult Multivitamin Raspberry and Pomegranate
- Solgar Kangavites Chewable Multivitamin and Mineral
- Nature's Plus Source of Life Adult's Chewable Multivitamin and Mineral
- Centrum Fruity Chewables
- Asda/Tesco Children's Chewable Multivitamins and Minerals
- Wellkid Multi-Vitamin Smart Chewable

## **Which complete vitamin and mineral supplement should I take lifelong?**

Once you can tolerate foods from Stage 3 (soft, mushy/crispy foods) choose a complete A-Z vitamin and mineral supplement, in a tablet form. These tablets contain more vitamin and minerals than some of the chewable vitamin and mineral supplements. You will need to take one supplement per day lifelong to help prevent any nutritional deficiencies.

These include:

- Supermarkets' own A-Z multivitamin and mineral (such as Asda, Tesco, Morrison's)
- Wilkinson's Total A-Z Multivitamin and Minerals
- Sanatogen A-Z Complete
- Lloyd's Pharmacy A-Z Multivitamins and Minerals
- Centrum Performance

## **How do I know if I have a nutritional deficiency?**

You may or may not show signs and symptoms of a nutritional deficiency. We recommend that your vitamin and mineral blood levels should be checked every 12 months, lifelong after weight loss surgery.

These bloods will be checked either by members of the weight loss surgery team or your GP.

You may need more nutritional supplements and dietary advice if any blood levels are found to be low. You will be advised about this.



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