














Non-Chewable Vitamin Shopping Guide

- Any vitamin not on this list should be reviewed by your dietitian for approval
- You can change to nonchewable vitamins when you are on regular /solid foods diet stage
- Have regular bloodwork to check your vitamin levels (every 3 months during first year and at least yearly thereafter)
- Separate multivitamin(s) with iron or any iron supplement from calcium by at least 2 hours
- If swallowing pills are difficult try opening the capsule, cut the tablet or choose a chewable vitamin instead.

NAME	DOSE	WHERE TO BUY	PRICES	
Bariatric Advantage Ultra Solo with Iron	1 capsule/day Do not need to take separate B12	www.bariatric advantage.com or by phone 1-800-898-6888	\$22.95 (30 ct) <i>Use code "BWHC" on main page for 15% off</i>	
Celebrate One 45	1 capsule/day Do not need to take separate B12	www.celebrate vitamins.com or By Phone 877-424-1953	\$16.95 (30 ct) \$44.95 (90 ct)	
Opurity® Multi Capsule with Iron	2 capsules/day Do not need to take separate B12 *May need extra iron	www.opurity.com or By Phone 1-800-517-5111	\$29.95 (90 ct) <i>Use code "MABWHC02" for 10% off your 1st order</i>	
Bariatric Choice Capsule	1 capsule/day Do not need to take separate B12	Amazon	\$29.95 (90 ct)	
ProCare Health Once Daily Bariatric Multivitamin-45	1 capsule/day Do not need to take separate B12	www.procarenow.com or By Phone 877-822-5808 Option 2	\$11.99 (30 ct)	
NatureMade Multi Complete Tablet	2 tablets/day Add 500 mcg separate vitamin B12	CVS Walgreens Walmart	\$12.79 (130 ct) \$17.99 (250 ct) \$8.82 (130 ct)	
			Prices may vary	

CALCIUM CITRATE IN NON-CHEWABLE TABLETS OR CAPSULES

- Your body needs 1200-1500 mg of calcium citrate daily; if you have a lot of calcium in your diet from foods and beverages, your dietitian will help you adjust your supplement dose.
- Limit 1 dose to 600 mg (maximum your body can absorb at one time).
- Separate calcium doses by at least 4 hours.
- Separate calcium from multivitamins by at least 2 hours.
- Calcium citrate does not need to be taken with food.
- Verify form of calcium is CITRATE (read supplement facts and ingredient list)
- Check SERVING SIZE to be sure you're taking the right amounts.

NAME	DOSE	WHERE TO BUY	PRICES	
Citracal Calcium Citrate + D3 Petites	3 tablets 2x/day (1200 mg total)	CVS Shaw's Stop & Shop Walgreens Walmart	\$13.99 (200 ct) \$13.99 (200 ct) \$12.99 (200 ct) \$13.99 (200 ct) \$10.92 (200 ct)	
CVS Calcium Citrate + D3 Miniatures	3 tablets 2x/day (1200 mg total)	CVS	\$13.99 (200 ct)	
Rainbow Light Calcium Citrate Mini-Tabs	3 mini-tabs 2x/day (1200 mg total)	Vitamin Shoppe Walmart	\$12.99 (120 ct) \$9.59 (120 ct)	
Rite Aid & Walgreens Calcium Citrate Petites with vitamin D	3 tablets 2x/day (1200 mg total)	Rite Aid Walgreens	\$9.99 (100 ct) \$10.49 (200 ct)	
Citracal Calcium Citrate + D3 Maximum	2 caplets 2x/day (1260 mg total)	CVS Shaw's Stop & Shop Walgreens Walmart	\$17.99 (180 ct) \$12.99 (120 ct) \$12.99 (120 ct) \$17.49 (180 ct) \$9.94 (120 ct)	
Twinlab Calcium Citrate Caps	4 capsules 2x/day (1200 mg total)	Whole Foods	\$10.50 (150 ct)	
Kal Cal-Citrate+	2 tablets 3x/day (1500 mg total)	Vitamin Shoppe	\$17.99 (240 ct)	

VITAMIN B12

- Take 350-500 micrograms vitamin B12 daily in the form of a tablet or liquid.
- If you find a version that contains 1000 mcg or more of vitamin B12, you may take this every other day (instead of daily).
- If your multivitamin contains at least 350 mcg of B12, then you do not need this separate supplement.
- You can take vitamin B12 at any time or with any other supplements.
- Nasal sprays and injections are also options for vitamin B12. Ask your bariatric team if you are interested in these options.

Vitamin B12 can be easily found at several stores including:

BJs, Costco, CVS, GNC, Grocery Stores, Rite Aid, Target, Vitamin Shoppe, Walgreens, Walmart



Nascobal Nutrition Direct – Home-Delivery Service Covered by Insurance

Order all your vitamin/mineral supplements through one company. Your cost will be \$0 to \$25 per month depending on your insurance. **Only patients with private insurance companies are eligible.** Medicare and Mass Health will not cover this option.

Capsule/Tablet Option:

Nascobal Vitamin B12 Nasal Spray: 1 spray, 1 nostril, 1x/week

Bariatric Multivitamin: 1 capsule daily

BariActiv Iron + Vitamin C: 1 tablet daily

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Tell a bariatric team member if you are interested and they will help you enroll. Please keep the program pharmacy number: 855-828-1488 for your records and follow up on enrollment status.