

Nutrition supplements after bariatric (weight-loss) surgery

After bariatric surgery, you need to take nutrition supplements every day. These supplements will help you meet your nutritional needs when you are eating less food.

You will need to take a multivitamin supplement. Depending on which multivitamin you take and the type of surgery you have had, you may need to take extra supplements. These may include iron, calcium and vitamin D.

You can get most of the multivitamin and calcium supplements you need online. You can also get some of them in pharmacies and supermarkets. If you need extra iron and vitamin D, your general practice team or dietitian can prescribe these.

The table below lists some supplement options that provide good amounts of vitamins and minerals. Your individual needs may vary, so it is important to follow the advice from your bariatric surgery healthcare team.

Multivitamin supplements

Multivitamin supplements	Available from
BN Caps	https://www.bnhealthy.co.nz/
BN Chews	https://www.bnhealthy.co.nz/
BariLife Just One	https://nz.barilife.com.au/
BariLife Complete	https://nz.barilife.com.au/
TRIC Multivitamin + iron 24 mg	https://tric.co.nz/
TRIC Multivitamin (no iron)	https://tric.co.nz/
My New Tum	https://mynewtum.co.nz/
Centrum Women's	Most supermarkets and pharmacies.

Calcium supplements

Calcium supplements (providing 500 mg calcium)	Available from
BariBursts	https://nz.barilife.com.au/
Celebrate Calcium Soft Chews	https://tric.co.nz/
Solgar calcium citrate with vitamin D3	https://solgar.co.nz/ and some health food stores and pharmacies.
BN Cal Note: this product only contains 200 mg calcium per tablet. You will need 2 ½ tablets to provide 500 mg calcium.	https://www.bnhealthy.co.nz/

Daily nutrition supplement options

Surgery Type	Product and recommended daily dose (choose one option)
Sleeve gastrectomy (gastric sleeve)	<ul style="list-style-type: none"> ▪ 2 x BN Caps AND 1 x 500 mg calcium supplement ▪ 2 x BN Chews ▪ 1 x BariLife Just One AND 1 x 500 mg calcium supplement ▪ 6 x BariLife Complete ▪ 1 x TRIC Multivitamin + Iron 24 mg AND 1 x 500 mg calcium supplement ▪ 1 x TRIC Multivitamin (no iron) AND 1 x 500 mg calcium supplement AND 1 x iron supplement ▪ 2 x My New Tum AND 1 x iron supplement ▪ 2 x Centrum Women's AND 1 x 500 mg calcium supplement
Roux-en-Y gastric bypass	<ul style="list-style-type: none"> ▪ 2 x BN Caps AND 2 x 500 mg calcium supplements ▪ 2 x BN Chews AND 1 x 500 mg calcium supplement ▪ 1 x BariLife Just One AND 2 x 500 mg calcium supplements ▪ 6 x BariLife Complete ▪ 1 x TRIC Multivitamin + iron 24mg AND 2 x 500 mg calcium supplements ▪ 1 x TRIC Multivitamin (no iron) AND 2 x 500 mg calcium supplements and 1x iron supplement ▪ 2 x My New Tum AND 1 x iron supplement ▪ 2 x Centrum Women's AND 1 x 500 mg calcium supplement
Duodenal switch (DS) or Single anastomosis duodenal switch (SADI-S)	<ul style="list-style-type: none"> ▪ 8 x BariLife Complete – spread throughout the day (for example, 3 tablets am, 3 tablets pm, 2 tablets night) ▪ 1 ½ x BariLife Just One AND 4 x 500 mg calcium supplements
One anastomosis gastric bypass (single anastomosis gastric bypass or mini bypass)	<p>The more of your gut is bypassed, the greater your risk of a nutritional deficiency. This means you will need to take more supplements. Your surgeon and bariatric team will give you advice. Your general practice team can also find this information in your operation notes by checking your intestinal limb length.</p> <p>If your bypassed intestinal limb length >150cm, use the recommendations above for duodenal switch (DS).</p> <p>If your bypassed intestinal limb length ≤150cm, use the recommendation above for Roux-en-Y gastric bypass.</p>

Written by the Dietitians New Zealand Bariatric Special Interest Group. Adapted by HealthInfo clinical advisers. Page created November 2023.