



- **Local Pharmacies:** Queen's POB1, Queen's West, Pali Momi, KTA (Big Island)
- **Phone:** 1-800-898-6888
- **Website:** [www.bariatricadvantage.com](http://www.bariatricadvantage.com)
  - ★ 1 time discount Code "Queens10" for 10% off; free shipping for orders >\$300

MULTIVITAMIN

**Advanced Multi EA**

Multivitamin, B-12 and Iron (45 mg)  
 - Separate from calcium, coffee, tea  
Dosage: 2 chewables daily

**Ultra Multi with Iron**

Multivitamin, B-12 and Iron (45 mg)  
 - Separate from calcium, coffee, tea  
 - Also available without iron  
Dosage: 3 capsules daily

**Ultra Solo with Iron**

Multivitamin, B-12 and Iron (45 mg)  
 - Separate from calcium, coffee, tea  
 - Only 2% DV Magnesium  
Dosage: 1 capsule or chew daily

**Multi Chewy Bite**

Multivitamin, B-12  
 \*Does not contain iron  
Dosage: 2 chewy bites daily



CALCIUM

**Chewy Bite** – 500 mg ea.  
Dosage: 500 mg x 3 times daily  
**Tablet** – 200 mg ea.  
Dosage: 400 mg x 3 times daily



IRON

**Chewable** – 29 mg or 60 mg  
**Chewy Bite** – 30 mg  
**Tablet** – 29 mg



VITAMIN D

**Dry Vitamin D** – 5,000 IU  
Dosage: 1 capsule daily



PROBIOTIC

**FloraVantage Probiotic**  
Dosage: 1-2 chews daily



- **Local Pharmacies:** Queen's POB 1 and West
- **Phone:** 1-877-424-1953
- **Website:** [www.celebratevitamins.com](http://www.celebratevitamins.com)
  - ★ 10% off recurring orders; free shipping if >\$100

**Multi-Complete 45 or 60**

Multivitamin, B-12, Iron (45 or 60 mg)  
 - Separate from calcium, coffee, tea  
Dosage: 1 capsule or chew x 2 times daily



**CelebrateOne 45**

Multivitamin, B-12 and Iron (45 mg)  
 - Separate from calcium, coffee, tea  
 - Only 24% DV Magnesium  
Dosage: 1 capsule or chewable daily



**Multi-Soft Chew**

Multivitamin, B-12  
 \*Does not contain iron  
Dosage: 1 chew x 2 times daily



CALCIUM

**Soft Chew** – 500 mg ea.  
Dosage: 500 mg x 3 times daily  
**Tablet** – 200 mg ea.  
Dosage: 200 mg x 3 times daily



IRON + C

**Chewable** – 30 mg or 60 mg  
**Soft Chew** – 30 mg or 60 mg  
**Tablet** – 30 mg, 45 mg or 60 mg



VITAMIN D

**Quick-Melt** – 5,000 IU  
Dosage: 1 tablet daily



## Bariatric Vitamin Guidelines

- Start Multivitamin, Vitamin B-12 (1,000 mcg), and Iron (45 mg) on the 3<sup>rd</sup> day after surgery
- Start Calcium Citrate (1,500 mg) and Vitamin D (if needed) at four weeks after surgery
- Chewable formula recommended during the first 3-6 months
- Avoid taking calcium and iron together; take at least 2 hours separately

## Tips for Budgeting

- **Celebrate:** enroll in recurring order program to save 10%; free shipping on orders over \$100
- **Bariatric Advantage:** use validation code “Queens10” for a one time 10% discount; free shipping on orders over \$300
- Soft chews are more expensive than chewables; capsules are the least expensive
- Buy in bulk for better value. Celebrate offers most of their products in 3-month size
- Local pharmacies are convenient but add a price mark-up

## Non-Bariatric Alternatives

We do not recommend non-bariatric multivitamins or iron supplements, but the following options are available:

**Vitamin B-12** – 1,000 mcg monthly injection (from PCP). If oral, sublingual formula preferred.

- Nature’s Bounty Quick Dissolve B-12, 2,500 mcg tablet (Target)
- Nature Made Sublingual Vitamin B-12, 3,000 mcg micro-lozenge (Costco)

**Calcium Citrate** – 1,500 mg, avoid calcium carbonate. Available in caplets, powder and liquid.

- Citracal Plus Magnesium, 2 caplets x 3 times/day
- BulkSupplements Calcium Citrate Powder,  $\frac{3}{4}$  tsp x 3 times/day (Amazon)
- Solgar Liquid Calcium Magnesium Citrate,  $\frac{1}{2}$  tbs x 2 times/day (Vitamin Shoppe)

**Vitamin D** – Dry formula preferred; avoid oil filled soft gel.

- Natrol Vitamin D3 5,000 IU Fast Dissolve, 1 tablet (Vitamin Shoppe)

Updated March 2025