

WELLESSE Bariatric Liquid Solutions

ASMBS Recommended Supplements by Weight Loss Surgery

*These are suggested use only. Please discuss nutritional needs with your health care professional as each individual's requirements may vary.

Nutrient	WELLESSE Dosage*	ASMBS Guidelines	Adjustable Gastric Band*	Gastric Sleeve*	Gastric Bypass*	Duodenal Switch*
Calcium	1000 mg/day 	1200-2400 mg/day split into 500-600 mg doses. Take 2 hours apart from Iron	1500 mg/day	1,200-2000 mg/day	1500-2000 mg/day	1800-2400 mg/day
Multi-Vitamin	100% DV 	100% DV for at least 2/3 of nutrients, with folate, once or twice daily	Once Daily	Twice Daily	Twice Daily	Twice Daily
Iron	18 mg/day 	18-65 mg/day, more for menstruating women	18 mg/day 2 hours apart from Calcium	18-30 mg/day 2 hours apart from Calcium	18-65 mg/day 2 hours apart from Calcium	18-65 mg/day 2 hours apart from Calcium
B-12	500-1000 mcg/day 	1000 mcg/month as injection or up to 500 mcg/day orally	500-1000 mcg/day	500-1000 mcg/day	500-1000 mcg/day	500-1000 mcg/day
Vitamin D3	1000 IU/day 	Higher doses may be needed depending on deficiency levels	Depends on deficiency level	Depends on deficiency level	Depends on deficiency level	2000 IU/day