

How to optimise post-op healing & prevent thiamine deficiency:

1. Before surgery start taking a multivitamin with vitamin C (40 mg or more) and zinc (8 – 14 mg) to optimise your ability to heal after surgery. Choose an easy to swallow option (chew or effervescent tablet) that you can continue to take in the first few weeks after your operation when swallowing large tablets should be avoided.
2. No one multivitamin is perfect, so it's wise to take **both** a chew and an effervescent tablet in the first few months after surgery. Combining both an effervescent tablet (that meets thiamine recommendations) and a chew will ensure you are adhering to expert recommendations for both thiamine, vitamin B12, vitamin C, vitamin D, iron, and zinc¹.

Amounts recommended after weight loss surgery ¹			
	Thiamine (mg) 12 – 50	Vitamin C (mg) 40 (or more)	Zinc (mg) * 8 (or more)
Effervescent Tablets (add to water, wait 10 minutes until bubbles dissipate, then sip)			
Thiamine meets recommendations* Amount per tablet			
Berocca Performance	15	500	10
Aldi Essential Health Effervescent	15	500	10
Swisse Ultivite multivitamin effervescent	25	500	5**
Low thiamine content**			
Voost multivitamin	1**	80	10
Chews (Order online) **			
BN multi chews	5	60	8
Fitforme Forte chews	3**	100	28
Fitforme Opti chews	3**	100	28
NutriChew chewable multi-vitamin	5	60	8

For simplicity all amounts have been rounded to the closest whole number
mg - milligrams; µg -micrograms

* Wise multivitamin choices can change over time depending on the results of your most recent blood test

* High doses of zinc can be toxic (40 mg or more)

** Level matched to pre-op recommendations that may not be sufficient to prevent deficiency after surgery

¹ American Society for Metabolic and Bariatric Surgery Integrated Health Nutritional guidelines (SORD 13, 2017)

Disclaimer: In the absence of robust science recommendations are based on best available evidence and expert opinion.

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