

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.

Last updated November 2020

First steps for choosing a multivitamin to avoid common deficiencies:

1. Use results of your recent blood test to know how much iron, vitamin B12 and vitamin D you have stored. Then use a multivitamin matched to the recommended amounts to keep your levels good. Low levels will need topping up so seek advice from your doctor or dietitian experienced in weight loss surgery.
2. Your blood levels will change over time so it's important that you check them regularly and at least once a year over your lifetime. To be wise with your multivitamins commit to taking them for life and be prepared to alter your multivitamin choice as blood levels change. For further assistance book an online appointment via our website.

Amounts recommended after weight loss surgery¹

Iron (mg) Vitamin B12 (µg) * Vitamin D (IU) * calcium (mg) *

♂18 | ♀45 - 60 350 - 500 3000 1200 - 2400

Capsule & tablets (only use when larger tablets are easy to swallow)

Amount per tablet

	Iron (mg)	Vitamin B12 (µg) *	Vitamin D (IU) *	calcium (mg) *
BN multi capsules	9	125	500	0
Fitforme Forte capsules	24	350	1000	0
Fitforme Opti capsules	24	100	1000	0
Surgical nutrients Bx Vitality	24	500	1000	100
Ethical Nutrients super multi plus	15	500	400	100

Lower iron, vitamin B12 & vitamin D (formulated to pre-op requirements)

Blackmores Multivitamin for women	5	50	0	50
Centrum for women	7	22	800	400
Cenovis multivitamin	2	5	0	27
Swisse Women's ultivite	5	50	200	42

Higher iron, but low vitamin B12 & vitamin D

Elevit pregnancy multivitamin	60	3	200	125
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No iron (mostly used in the treatment of haemochromatosis)

Ethical Nutrients Super B Daily Stress+	0	200	0	100
BioCeuticals Multi Essentials	0	400	0	100

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

* Regular injections of vitamin B12 (methylcobalamin) replaces the need for vitamin B12 in your long-term multivitamin

* Be aware that sunlight exposure and skin colouring impacts on your vitamin D production and multivitamin needs

* Be aware that only low amounts of calcium are contained in general multivitamins so choose 2-3 serves of dairy foods daily

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