

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			
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

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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