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Vitalady Basic Vitamin & Mineral Schedule for Adjustable Band & VSG Patients

Updated 2/20/2010

DISCLAIMER:

This information is NOT to be considered medical advice.

This schedule has been known to help most surgical weight loss patients and is not intended to replace your doctor's instructions. We are NOT medical professionals. We do not give medical advice and are not associated with any medical office, clinic or hospital.

The information offered on our website and this document should be considered for reference only and is solely based on our experience with weight loss surgery patients. The schedules and supplement information are offered in hopes that our experience will help others as they begin their post-op surgery life.

As with any program, please consult your doctor before starting a vitamin regimen. Prescription medications can be effected by vitamins and minerals and it is very important for you to consult your doctor or pharmacist for any possible interactions. All notes about vitamin combinations on this site are based on general knowledge information and are not to be construed as medical advice.

We encourage everyone to get a copy of their operative report(s) and keep all copies of labs easily available to review. We recommend organizing the information for easy reference.

Some people make spreadsheets, Excel or even by hand to show trends in lab results. Most physicians appreciate an easy to read system to compare the elements of their particular specialty. Please see the link for LABS AND TARGETS at www.vitalady.com which might be helpful for the labs we need to watch.

Statements made on this document and our website have not been evaluated by the USFDA.

The prices listed are to assist in calculating your budget for basic vitamin and mineral supplementation. Prices are based on those current at the time of updating and does not include shipping & handling fees or taxes and are subject to change without notice.

Vitalady Basic Vitamin & Mineral Chewable & Sublingual Schedule WLS Patients

Updated 2/20/2010

Although most people do not actually have trouble swallowing pills, some feel more comfortable chewing their vitamins for awhile. It is important to remember, during a normal weight loss surgery, the esophagus is not touched, unless it is damaged or diseased. So, our ability to swallow remains unchanged. It is the stoma (outlet from the pouch, where the intestine meets the pouch) that may be swollen from the beginning. In rare cases, there might exist a condition which can cause a partial blockage of that area. Your doctor should address those issues. If you have chosen to start your post-op life with chewable vitamins, we have developed this plan to help you get started.

***** DAILY SCHEDULE *****

<u>Morning</u>			<u>Evening</u>		
	1	Vitamin C = 500mg		1	Calc Loz 400mg or 2 Calc Chew 250mg = 500
	6	Iron 25mg = 150 (see note 1)		1	Multi Vitamin/Mineral
				1	Vitamin D3 10,000IU
<u>Mid-Day</u>	1	Vitamin A 10,000IU		2	Zinc 23mg
	1	Vitamin B-12 1,000mcg		1	Vitamin B-9 Folic Acid 1,000mcg
	1	Calcium Lozenge 400mg or 2 Calcium Chews 250mg = 500			
	3	B-20 Complex			
	1	Vitamin E 450IU	<u>Bed Time</u>	1	Calc Loz 400mg or 2 Calc Chew 250mg = 500
	1	Multi Vitamin/Mineral		1	Vitamin C 500mg
	1	Vitamin D3 10,000IU		1	Vitamin B-1 100mg

With this plan you will be supplementing with the following daily vitamin and mineral dosages: Vitamin A 10,000IU; Vitamin B-1 100mg; Vitamin B-12 1,000mcg; Vitamin C 1,000mg; Vitamin D 20,000IU; Vitamin E 450IU; 3 B-20 Complex; 2 Complete Multi-Vitamin/Mineral; Calcium Citrate 1,200mg (elemental); Iron 150mg (elemental); Zinc 46mg; Vitamin B-9 Folic Acid 1,000mcg.

***** NOTES *****

Note 1 IRON is to be taken with Vitamin C, together but separated for at least 1 hour from caffeine, dairy, egg, whole grain, other vitamins and medications.

***** REGARDING PROTEIN *****

This list suggests vitamin and mineral supplementation with a schedule. In addition we suggest that protein needs to be supplemented as well. Since many people struggle to meet their protein needs, the following is our suggestion on how you might address it. We suggest the use of Whey Protein powdered drinks as the best, most complete and highest bio-available protein supplement source available.

Using protein supplements daily may help with volume control, appetite and craving control, along with meeting your daily protein requirements.

Patients choosing this plan should drink 30 grams of protein three to four (3-4) times a day for a total of 90 - 120 grams.

For men, two (2) additional protein drinks per day might be considered, as men tend to lose muscle mass quickly.

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Vitalady Basic Vitamin & Mineral Chewable & Sublingual Schedule WLS Patients

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Starter Shopping List for **30 days** minimum

<u>Quantity</u>	<u>SKU</u>	<u>Vitamin/Mineral</u>	<u>Count per container</u>	<u>Unit price</u>	<u>Extended</u>	<u>Days will last</u>	<u>Price per day</u>
1	1004	Superior Source Vitamin A 10,000IU	100 Sublingual Tablet	4.99	4.99	100	0.05
2	1270	Superior Source B Complex	60 Sublingual Tablet	6.99	13.98	40	0.35
1	1215	Superior Source Vitamin B-1 100mg	100 Sublingual Tablet	4.99	4.99	100	0.05
1	1243	Superior Source Vit B-9 Folic Acid 1,000mcg	100 Sublingual Tablet	6.99	6.99	100	0.07
1	1262	Vitalady Tender Vitamin B-12 1,000IU	100 Sublingual Tablet	14.99	14.99	100	0.15
1	1320	Kirkland Vitamin C 500mg	500 Chewable Tablet	19.99	19.99	250	0.08
1	1069	Superior Source Vitamin D3 10,000IU	100 Sublingual Tablet	19.99	19.99	50	0.40
ALT 2	1071	Bariatric Advantage Liquid D3 10,000IU	30 Servings	29.79		30	
1	1422	Country Life Vitamin E 450IU	100 Chewable Wafer	11.49	11.49	100	0.11
1		Bariatric Advantage Calcium Lozenge	90 Chewable Lozenge	18.99	18.99	45	0.42
	1662	Chocolate Flavor					
	1664	Wild Cherry Flavor					
	1666	Cinnamon Flavor					
	1668	Mint Flavor					
ALT 2		Bariatric Advantage Calcium Chewy Bites	90 Chews	9.99		90	
	1621	Chocolate Flavor					
	1624	Lemon Flavor					
1	1706	Vitalady Tender Iron 25mg Carbonyl	400 Chewable Tablet	16.99	16.99	66	0.26
1	1510	Kirkland Multi Vitamin/Mineral	300 Chewable Tablet	19.99	19.99	150	0.13
ALT 1		Bariatric Advantage Multi-Form Vitamin	180 Chewable Tablet	36.99		90	
	1541	Orange Flavor					
	1544	Berry Flavor					
1	1806	Country Life Zinc 23mg Cherry Flavor	60 Chewable Lozenge	4.99	4.99	30	0.17
ALT 1	1805	Vitalady Tender Zinc 23mg Lemon Flavor	60 Chewable Lozenge	7.49		30	
			Initial Purchase		158.37	Average	
			Average 30 day cost		67.20	per day	2.24

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Vitalady Basic Vitamin & Mineral Chewable & Sublingual Schedule WLS Patients

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Starter Shopping List for **90 days** minimum

Quantity	SKU	Vitamin/Mineral	Count per container	Unit price	Extended	Days will last	Price per day
3	1004	Superior Source Vitamin A 10,000IU	100 Sublingual Tablet	4.99	4.99	100	0.05
5	1270	Superior Source B Complex	60 Sublingual Tablet	6.99	34.95	100	0.35
1	1215	Superior Source Vitamin B-1 100mg	100 Sublingual Tablet	4.99	4.99	100	0.05
1	1243	Superior Source Vit B-9 Folic Acid 1,000mcg	100 Sublingual Tablet	6.99	6.99	100	0.07
1	1262	Vitalady Tender Vitamin B-12 1,000IU	100 Sublingual Tablet	14.99	14.99	100	0.15
1	1320	Kirkland Vitamin C 500mg	500 Chewable Tablet	19.99	19.99	250	0.08
2	1069	Superior Source D3 10,000IU	100 Sublingual Tablet	19.99	39.98	100	0.40
ALT 6	1071	Bariatric Advantage Liquid D3 10,000IU	30 Servings	29.79		90	
1	1422	Country Life Vitamin E 450IU	100 Chewable Wafer	11.49	11.49	100	0.11
1		Bariatric Advantage Calcium Lozenge	270 Chewable Lozenge	34.99	34.99	135	0.26
	1633	Chocolate Flavor					
	1665	Wild Cherry Flavor					
	1667	Cinnamon Flavor					
	1669	Mint Flavor					
ALT 4		Bariatric Advantage Calcium Chewy Bites	90 Chews	9.99		90	
	1621	Chocolate Flavor					
	1624	Lemon Flavor					
2	1706	Vitalady Tender Iron 25mg Carbonyl	400 Chewable Tablet	16.99	33.98	133	0.26
1	1510	Kirkland Multi Vitamin/Mineral	300 Chewable Tablet	19.99	19.99	150	0.13
ALT 1		Bariatric Advantage Multi-Form Vitamin	180 Chewable Tablet	36.99		90	
	1541	Orange Flavor					
	1544	Berry Flavor					
3	1806	Country Life Zinc 23mg Cherry Flavor	60 Chewable Lozenge	4.99	14.97	90	0.17
ALT 3	1805	Vitalady Tender Zinc 23mg Lemon Flavor	60 Chewable Lozenge	7.49		90	
			Initial Purchase		242.30	Average	2.08
			Average 90 day cost		187.20	per day	

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