

Vitamin Recommendations based on AMSBS 2019 White Paper

Gastric Sleeve

Gastric Sleeve, Female, Pre-menopausal

Vitamin B1 (Thiamine)	12 mg/day <i>(50-100 mg/day for high risk patients)</i>
Vitamin B12 (Cobalamin)	350-1,000 mcg/day
Folate (Folic Acid)	800-1,000 mcg/day
Vitamin D	3,000 IU/day
Vitamin A	5,000-10,000 IU/day
Vitamin E	15 mg/day
Vitamin K	90-120 mcg/day
Zinc*	8-11 mg/day
Copper*	1 mg/day
Calcium	1200 – 1500 mg/day
Iron	45-60 mg/day

*1 mg copper is recommended for every 8-15 mg of elemental zinc to prevent copper deficiency in all post-WLS patients

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Vitamin E	15 mg/day
Vitamin K	90-120 mcg/day
Zinc*	8-11 mg/day
Copper*	1 mg/day
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Iron	18 mg/day

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Gastric Sleeve, Male

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Gastric Sleeve, Male or Female (post-menopausal) with history of anemia

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Gastric Bypass

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Vitamin A	5,000-10,000 IU/day
Vitamin E	15 mg/day
Vitamin K	90-120 mcg/day
Zinc*	8-22 mg/day
Copper*	2 mg/day
Calcium	1200 – 1500 mg/day
Iron	45-60 mg/day

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Duodenal Switch (DS) & Single-Anastomosis Duodenal Switch (SIPS/SADI)

SIPS/SADI is a newer surgery, vitamins currently treated same as DS patients

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Folate (Folic Acid)	800-1,000 mcg/day
Vitamin D	3,000 IU/day
Vitamin A	10,000 IU/day
Vitamin E	15 mg/day
Vitamin K	300 mcg/day
Zinc*	16-22 mg/day
Copper*	2 mg/day
Calcium	1800-2400 mg/day
Iron	45-60 mg/day

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