




Bariatric Vitamin and Mineral supplements

After having bariatric surgery, you will need to take vitamins and minerals for the rest of your life.

The following supplements are designed specifically for the needs of patients who have had bariatric surgery

NAME	Supplement type	Dose /day	Where to purchase	Other information
BN multi 	Chews or capsules	2	www.bnmulti.com	Australian company and Provides good information and after sales service to their customers <i>Range also includes a calcium chewable and an iron supplement</i>
Fitforme Opti 	Chews or capsules	1	www.fitforme.com.au	Chews have the iron (tiny additional tablet) separated to improve tolerance. Specifically designed for sleeves/bands
Fitforme Forte 	Chews or capsules	1	www.fitforme.com.au	Chews have the iron (tiny additional tablet) separated to improve tolerance. Specifically designed for bypass
BariLife 	Tablet or powder (made into a drink)	1 tablet or 2 scoops powder per day	www.barilife.com.au	Vanilla flavoured tablet for better tolerance. Powder - Lemonade or watermelon flavour <i>Range also includes a probiotic, calcium chews and a hair, skin and nails formula</i>

<p>Nutrichew</p> 	<p>chew</p>	<p>2</p>	<p>https://www.nutrichew.com.au</p>	<p>Australian company</p>
<p>Nutrifuel</p> 	<p>Powder (make into a drink)</p>	<p>5g scoop included. Once per day</p>	<p>https://www.nutrichew.com.au</p>	<p>Australian Company.</p>
<p>Barinutrics Essential Multivitamin</p> 	<p>Powder (made into a drink)</p>	<p>7g scoop included Once/day</p>	<p>https://barinutrics.com.au</p>	<p><i>Range also includes calcium chews</i></p>