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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.

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

<u>Morning</u>	1	Vitamin C 1,000mg or 2 each 500mg = 1,000mg (see note 1)	<u>Evening</u>	1	Vitamin B-9 Folic Acid 1,000mcg
	6	Tender Iron or Polysaccharide = 150mg (see note 1)		2	Calcium w/ Magnesium & D3 140mg = 280mg
<u>Mid-Day</u>	1	Vitamin A 10,000IU		1	Multi Vitamin/Mineral (see note 3)
	1	Vitamin B-12 1,000mcg		2	Vitamin D3 5,000IU =10,000IU
	2	Calcium with Magnesium & D3 140mg =280 mg		1	Zinc 50mg or 2 each 23mg
	1	B Complex (see note 2)			
	1	Vitamin E 400IU	<u>Bed Time</u>	2	Calcium w/ Magnesium & D3 140mg = 280mg
	1	Multi Vitamin/Mineral (see note 3)		1	Magnesium Citrate 140mg
	2	Vitamin D3 5,000IU = 10,000IU			

With this plan you will be supplementing with the following daily vitamin and mineral dosages: Vitamin A 10,000IU; Vitamin B-9 Folic Acid 1,200mcg; Vitamin B12 1,000mcg; Vitamin C 1,000mg; Vitamin D3 20,000IU; Vitamin E 400IU; 1 B-50 Complex; 2 Complete Multi-Vitamin/Mineral; Calcium Citrate 840mg (elemental); Iron 150mg (elemental); Magnesium Citrate 140mg (elemental); Zinc 50mg.

***** 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.
- Note 2 B Complex is to be a B Complex 50 or higher. Regarding Vitalady Tender B Complex 50: Some customers have mentioned a tingling, rashy sensation or redness in their extremities and face. This is a common reaction to the niacin (niacin flush) which may be present for a short time. While doses as small as 75mg don't usually cause any reaction, some people are more sensitive. The sensation is short lived and harmless.
- Note 3 Multi-Vitamin/Mineral composition should be similar to Centrum®.

***** 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 (3) times a day for a total of 90 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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Shopping list for **30 Days** minimum

Quantity	SKU	Vitamin/Mineral	Count per container	Unit price	Total Price	Days will last	Price per day
1	1004	Superior Source Vit A 10,000IU	100 Sublingual Tablet	4.99	4.99	100	0.05
1	1266	Tender B Complex 55	90 Tablet	10.99	10.99	90	0.12
ALT 1	1268	Tender B-Complex 50 (see note on product sheet)	100 Capsule	10.99		100	
1	1243	Superior Source Vit B-9 Folic Acid 1,200mcg	100 Sublingual Tablet	6.99	6.99	100	0.07
1	1262	Tender Vitamin B-12 1,000mcg	100 Sublingual Tablet	14.99	14.99	100	0.15
1	1310	Kirkland Vitamin C 1000mg	500 Tablet	19.99	19.99	500	0.04
ALT 1	1320	Kirkland Vitamin C 500mg	500 Chewable Tablet	19.99		250	
ALT 1	1329	Country Life Vitamin C 500mg	180 Capsule	8.49		90	
2	1065	Tender Vitamin D3 5,000IU	100 Capsule	7.19	14.38	50	0.29
1	1411	Tender Vitamin E 400IU	100 Capsule	14.99	14.99	100	0.15
ALT 1	1422	Country Life Vitamin E 450IU	100 Chewable Wafer	11.49		100	
1	1609	Tender Cal-Mag-D3	240 Capsule	16.99	16.99	40	0.42
1	1706	Tender Iron 25mg Carbonyl	400 Chewable Tablet	15.99	15.99	66	0.24
ALT 1	1720	Cypress Iron 150mg Polysaccharide	100 Capsule	24.99		100	
1	1907	County Life Magnesium Citrate 250mg	120 Tablet	6.49	6.49	120	0.05
ALT 1	1906	Tender Magnesium Citrate 140mg	240 Capsule	21.99		120	
1	1520	Kirkland Multi Vitamin/Mineral	500 Tablet	19.99	19.99	250	0.08
ALT 1	1510	Kirkland Multi Vitamin/Mineral	300 Chewable Tablet	19.99		150	
ALT 1	1531	Tender Vita-Min	180 Capsule	33.99		90	
1	1810	Puritan's Pride Zinc 50mg	250 Tablet	8.49	8.49	250	0.03
ALT 1	1805	Tender Zinc 23mg	60 Chewable Tablet	7.49		30	
ALT 1	1831	Tender Zinc 50mg	100 Capsule	6.99		100	
			Initial Purchase		156.27	Average per day	1.71
			Average 30 day cost		51.30		

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Shopping list for **90 Days** minimum

Quantity	SKU	Vitamin/Mineral	Count per container	Unit price	Total Price	Days will last	Price per day
2	1004	Superior Source Vitamin A 10,000IU	100 Tablet	4.99	9.98	100	0.10
1	1266	Tender B Complex 55	90 Tablet	10.99	10.99	90	0.12
ALT 1	1268	Tender B-Complex 50 (see note on product sheet)	100 Capsule	10.99		100	
1	1243	Superior Source Vit B-9 Folic Acid 1,200mcg	100 Sublingual Tablet	6.99	6.99	100	0.07
1	1262	Tender Vitamin B-12 1,000mcg	100 Sublingual Tablet	14.99	14.99	100	0.15
1	1310	Kirkland Vitamin C 1000mg	500 Tablet	19.99	19.99	500	0.04
ALT 1	1320	Kirkland Vitamin C 500mg	500 Chewable Tablet	19.99		250	
ALT 2	1329	Country Life Vitamin C 500mg	180 Capsule	8.49		90	
2	1066	Tender Vitamin D3 5,000IU	250 Capsule	14.80	29.60	125	0.24
1	1421	Tender Vitamin E 400IU	250 Capsule	26.99	26.99	250	0.11
ALT 1	1422	Country Life Vitamin E 450IU	100 Chewable Wafer	11.49		100	
3	1609	Tender Cal-Mag-D3	240 Capsule	16.99	50.97	120	0.42
2	1706	Tender Iron 25mg Carbonyl	400 Chewable Tablet	16.99	33.98	133	0.26
ALT 1	1720	Cypress Iron 150mg Polysaccharide	100 Capsule	24.99		100	
1	1907	County Life Magnesium Citrate 250mg	120 Tablet	6.49	6.49	120	0.05
ALT 1	1906	Tender Magnesium Citrate 140mg	240 Capsule	21.99		120	
1	1520	Kirkland Multi Vitamin/Mineral	500 Tablet	19.99	19.99	250	0.08
ALT 1	1510	Kirkland Multi Vitamin/Mineral	300 Chewable Tablet	19.99		150	
ALT 1	1531	Tender Vita-Min	180 Capsule	33.99		90	
1	1810	Puritan's Pride Zinc 50mg	250 Tablet	8.49	8.49	250	0.04
ALT 3	1805	Tender Zinc 23mg	60 Chewable Tablet	7.49		90	
ALT 1	1831	Tender Zinc 50mg	100 Capsule	6.99		100	
			Initial Purchase		239.45	Average per day	1.68
			Average 90 day cost		151.20		

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