

Vitamin and Mineral Supplementation

You will need to take vitamin and mineral supplements for the rest of your life. We have listed the recommended supplementation in the page that follows. Supplements may be adjusted based on your lab results. Expect to complete labs as needed per your health care provider.

Please do not take a children's chewable multivitamin - this does not meet your needs.

Choosing a multivitamin will help to reduce the number of supplements you need to take to meet recommendations and reduce overall cost.



Always have your supplementation information (brand and dose) available so that your provider is able to review and ensure you are meeting your vitamin and mineral needs.

Family Medicine & Specialty Care

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OPTION 1

Take chewable or liquid supplements for the first month. You may then switch to capsules.






Chewable or Liquid Supplements

- Start taking your supplements
- Do not take gummy supplements or use transdermal supplements (patches)
- Take calcium supplements in divided doses of 500-600 mg throughout the day to meet recommendations
- Avoid taking iron supplement within 2 hours of taking calcium supplement or foods high in calcium
- Read the supplement facts label to ensure that your supplement meets the recommendations listed below
- Avoid taking vitamin and mineral supplements on an empty stomach

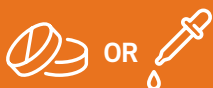
VITAMIN/MINERALS	NAME AND AMOUNT	AVOID
Multivitamin	<ul style="list-style-type: none">• Thiamin 12+ mg• Folic acid 400 - 800 mcg• Vitamin B12 350 – 500 mcg• Vitamin D 3,000 IU (75 mcg)• Vitamin A 5,000 – 10,000 IU (1,500 – 3,000 mcg)• Vitamin E 15 mg• Vitamin K 90 – 120 mcg• Copper 1 mg• Zinc 8 – 11 mg	
Iron (from all supplement sources)	<ul style="list-style-type: none">• 18 – 60 mg	Avoid taking with calcium
Calcium citrate (from food and all supplement sources)	<ul style="list-style-type: none">• 1,200 – 1,500 mg Take in divided doses of 500-600 mg	Avoid taking with iron

SAMPLE: How vitamin and mineral supplements may fit into your day:

BREAKFAST:	LUNCH:	DINNER:
 Take a multivitamin with iron with your meal	 Take calcium citrate 500-600 mg with your meal	 Take calcium citrate 500-600 mg with your meal

OPTION 2

Take chewable or liquid supplements for the first month. You may then switch to capsules.



Chewable or Liquid Supplements

- Start taking your supplements
- Do not take gummy supplements or use transdermal supplements (patches)
- Take calcium supplements in divided doses of 500-600 mg throughout the day to meet recommendations
- Avoid taking iron supplement within 2 hours of taking calcium supplement or foods high in calcium
- Read the supplement facts label to ensure that your supplement meets the recommendations listed below
- Avoid taking vitamin and mineral supplements on an empty stomach

VITAMIN/MINERALS	NAME AND AMOUNT	AVOID
Multivitamin	<ul style="list-style-type: none"> • Thiamin 12+ mg • Folic acid 400 - 800 mcg • Vitamin B12 350 – 500 mcg • Vitamin D 3,000 IU (75 mcg) • Vitamin A 10,000 IU (3,000 mcg) • Vitamin E 15 mg • Vitamin K 300 mcg • Copper 2 mg • Zinc 16 – 22 mg 	
Iron (from all supplement sources)	<ul style="list-style-type: none"> • 18 – 60 mg 	Avoid taking with calcium
Calcium citrate (from food and all supplement sources)	<ul style="list-style-type: none"> • 1,800 – 2,400 mg Take in divided doses of 500-600 mg	Avoid taking with iron

SAMPLE: How vitamin and mineral supplements may fit into your day:

BREAKFAST:	LUNCH:	AFTERNOON SNACK:	DINNER:
<p>Take a multivitamin with iron with your meal</p>	<p>Take calcium citrate 500-600 mg with your meal</p>	<p>Take calcium citrate 500-600 mg with your snack</p>	<p>Take calcium citrate 500-600 mg with your meal</p>