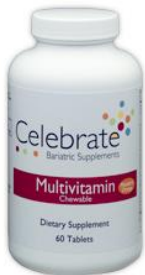




As a surgical weight loss patient, you have already made one of the most important decisions of your life. Whether you have had a gastric bypass, adjustable gastric band or sleeve gastrectomy, you have taken the first step toward your new life. It is difficult to get all of the essential vitamins and minerals your body needs from the small volume which you will be allowed to eat, so it is important to take a vitamin and mineral supplement daily.

Our recommended bariatric supplements have been specifically developed to provide the level of supplementation you now require.



MULTIVITAMIN

For Gastric Bypass & Sleeve Gastrectomy Patients

Daily Dosage = 2 chewable or 3 capsules

Chewable flavor = Mandarin Orange

Simply put, this is the most robust bariatric multivitamin. It is loaded with all the essential vitamins and minerals that you will need. Including nearly 6000% (350 mcg), of the daily requirement of vitamin B₁₂. It also includes chelated minerals and the highest level of vitamin D available in a bariatric supplement.



MULTI-AGB

For Adjustable Gastric Band Patients

Daily Dosage = 2 chewable or 3 capsules

Chewable flavor = Blackberry

Patients undergoing a band related surgery are not able to obtain the proper level of vitamins and minerals necessary through diet alone. Therefore, it is critical that they have a complete multivitamin that provides the proper levels of supplementation. This AGB multivitamin includes chelated minerals for increased absorption and 100% of your daily iron requirement.



MULTI-PRE

For Gastric Bypass, Sleeve Gastrectomy and Adjustable Gastric Band Patients

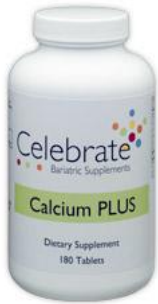
Daily Dosage = 3 capsules

The vast majority of surgical weight loss candidates are deficient in several key vitamins and minerals. This multivitamin has been developed to prepare patients for surgery and improve their success rate afterward. By improving overall health prior to surgery, the likelihood of developing any short-term deficiencies decreases dramatically and the chance for long-term success improves.

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CALCIUM PLUS

For Gastric Bypass, Sleeve Gastrectomy and Adjustable Gastric Band Patients

Daily Dosage = 4 chewable or 6 tablets

Chewable flavor = Hot Cocoa or Strawberry Creme

A true bone formulation that includes calcium citrate, vitamin D, magnesium, vitamin K, zinc, copper and boron*. It is the most complete calcium supplement available.

**Boron available only in the tablet version*



IRON + C

For Gastric Bypass & Sleeve Gastrectomy

Daily Dosage = 1 tablet OR 1 chewable

Chewable flavor = Grape (30 mg) OR Tangerine (18 mg)

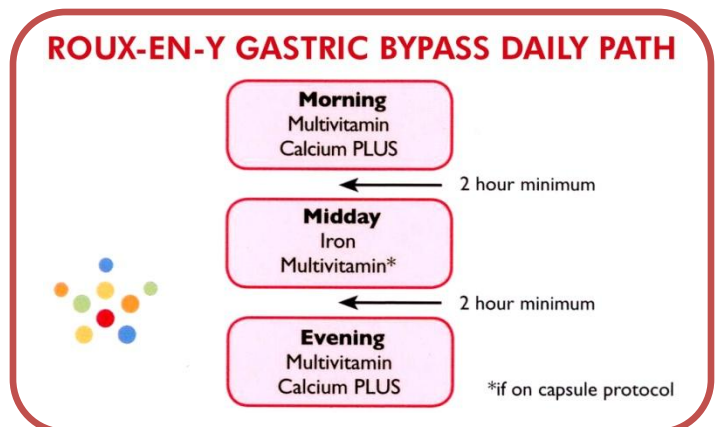
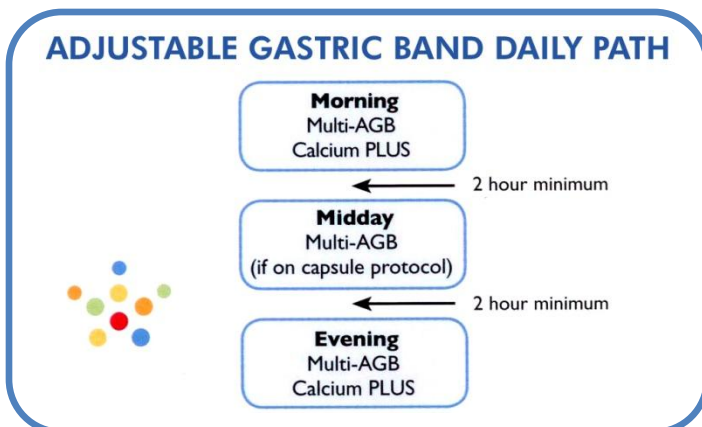
The most bioavailable forms of iron combined with additional benefits form an iron that is readily absorbed and easy on the stomach. It includes vitamin C to enhance absorption.



CHICKE PROTEIN SHAKES

Flavors: Banana, Vanilla, Chocolate, Strawberry & Orange

The Chike protein powders are unbelievably great. No foam, no protein taste at all, the flavors are delicious, and they offer 27 grams of protein in one serving! Just add water, shake and drink.



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Supplement Life-Path



2 months prior to surgery

Congratulations on your decision! The majority of gastric bypass patients are deficient in several key vitamins and minerals prior to surgery. These deficiencies can create serious health risks in the early post-surgical period. Beginning your supplement protocol now will help you to minimize your risk of nutritional deficiencies following surgery.

Recommendation:
Celebrate Multi-PRE (Capsule)
Celebrate Calcium PLUS (Capsule or Chewable)



Surgery

Congratulations, your day is here! This is the day that you have been waiting for, and hopefully you are well prepared. It is important that you start your new life with healthy habits. One way to do this is to integrate vitamin and mineral supplements into your routine from day one.

Recommendation:
Celebrate Multivitamin (Chewable)
*Celebrate Iron+C (Chewable)
18mg or 30 mg

*Normal dosage for gastric bypass patients is 18mg for men and 30mg for women, but speak to your bariatric surgeon or dietitian if you are unsure.



2 weeks Post-op

You are on your way and off to a great start. It is best to space out your supplements over the course of the day. See our Daily Path for a better understanding of timing. Make sure that you continue to take your Celebrate Multivitamin and Iron+C and begin:

Recommendation:
Celebrate Calcium PLUS (Chewable)



3 months Post-op

You are doing great! You have made it through a very critical time in your new life and it is important that you maintain your focus on your health. We encourage patients to continue on chewables for at least six months, but if you are not happy with them, speak with your bariatric surgeon or dietitian to determine if it would be appropriate for you to switch.

Recommendation:
Continue chewable protocol until six months post-op.
Celebrate Multivitamin (Chewable)
Celebrate Calcium PLUS (Chewable)
*Celebrate Iron+C (Chewable)
18 mg or 30 mg

*Normal dosage for gastric bypass patients is 18mg for men and 30mg for women, but speak to your bariatric surgeon or dietitian if you are unsure.



6 months Post-op

Wow, can you believe it has been 6 months? While you are still losing weight, things should be getting easier every month. Hopefully, you have settled into a comfortable routine with your supplements. Most patients should be able to tolerate capsules or tablets at this point. If you wish to make a change, be sure to speak with your bariatric surgeon or dietitian first.

Recommendation:
Continue Chewable Protocol (Multivitamin, Calcium PLUS, and Iron+C)
or
Celebrate Multivitamin Capsule
Celebrate Calcium PLUS Tablet
*Celebrate Iron+C Tablet 30 mg

*Celebrate Iron+C tablet is only available in a 30 mg dosage. Be sure to speak with your bariatric surgeon or dietitian regarding your needs.



1 year

What a year it has been! By now you have seen amazing changes to your body and your health. It is important that you make vitamin and mineral supplementation a part of your daily routine for the rest of your life. Remember that we are always here to support you and answer your questions. Remember to speak to your bariatric surgeon or dietitian prior to making changes in your supplement forms.

Recommendation:
Celebrate Multivitamin Capsule
Celebrate Calcium PLUS Tablet
*Celebrate Iron+C Tablet 30 mg

*Celebrate Iron+C tablet is only available in a 30 mg dosage. Be sure to speak with your bariatric surgeon or dietitian regarding your needs.

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