

Patient Information Leaflet – Over the Counter Multivitamins and Minerals Post NHS Bariatric Surgery

Bariatric surgery or weight loss surgery causes life-long changes to the way your body digests and absorbs food, as well as reducing the amount that you can eat. This can reduce the nutrients you absorb from your diet.

People who have had bariatric surgery should take lifelong A-Z Multivitamin and Mineral nutritional supplements in addition to having a balanced diet post-surgery. In Norfolk and Waveney it is expected that patients will purchase their own A-Z Multivitamin and Mineral supplements for self-care after surgery as long as there is no evidence of a diagnosed nutritional deficiency. A-Z Multivitamin and Mineral supplements provide a wide range of nutrients that may be limited in the diet or may be poorly absorbed after bariatric surgery. Guidance on suitable, widely available supplements can be found in the table below.

If you have been diagnosed as having a nutritional deficiency this will be treated in line with local guidelines until the deficiency has resolved. Once resolved you can continue taking over-the-counter preparations to maintain long term good health.

People who have had bariatric surgery need lifelong follow up care to ensure that nutritional needs are met. This is the responsibility of your bariatric centre for **at least two years** after surgery. However, if your chosen bariatric centre has told you that your surgery causes malabsorption (a condition caused by the gut not absorbing nutrients), they should provide follow up care for life.

Monitoring for nutritional deficiencies should be done **at least once a year for life**. This will be assessed using blood tests which may be provided by your GP **if they have agreed** to do this with your bariatric centre's support.

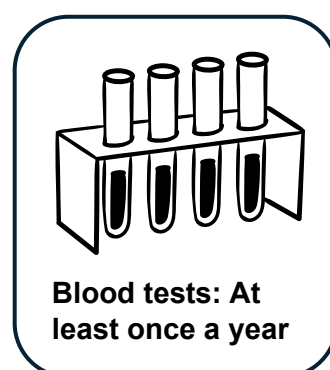
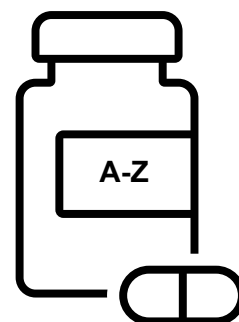


Table 1: A-Z multivitamin and mineral supplements (suitability and price checked January 2026).
Please note: these supplements are not suitable in pregnancy- please ensure you seek specialist advice if you are pregnant or planning to become pregnant after bariatric surgery.

Surgical procedure	Suitable over-the-counter preparations	Price per 28 days (based on best value pack size)
Gastric band, Sleeve gastrectomy, Gastric bypass, Duodenal switch	Take ONE daily: <ul style="list-style-type: none"> Forceval Capsules 	£13.52
	Take TWO daily: <ul style="list-style-type: none"> Asda A-Z Multivitamin & Minerals Tablets Boots A-Z Multivitamin and Minerals Food Supplement 	£2.91 £1.74

Table 1 continued

	<ul style="list-style-type: none"> • Holland & Barrett - ABC-Z Multivitamins • Morrison's A-Z Multivitamins & Minerals • Numark/Rowlands A-Z Multivitamins & Minerals • Sainsbury's A-Z Multivitamins & Minerals • Sanatogen Complete A-Z • Superdrug A-Z Multivitamin + Minerals • Tesco A-Z Multivitamins and Minerals • MyVitamins A-Z Multivitamin Capsules 	<p>£1.57</p> <p>£3.02</p> <p>£3.70</p> <p>£3.08</p> <p>£10.04</p> <p>£2.17</p> <p>£3.08</p> <p>£3.08</p>
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