

If you find yourself struggling to take your vitamins, here are some tips that may help.



START GRADUALLY

- Don't introduce vitamins until you are tolerating food.
- Start with the smallest dosage and gradually increase.
 - For example: if the dosage is 3/day, start with 1/day and increase to 3/day
- Start one new product at a time



TAKE WITH OR AFTER MEALS

- Taking vitamins with or after meals improves tolerance.



TIMING

- Do not take vitamins in the morning. Start at lunch time.
- Divide your vitamins out between lunch, dinner, and bedtime.



USE A PILL BOX OR REMINDER APP

- Pill boxes and reminder apps help keep you on track



SWITCH TYPE OF VITAMIN

- Switch from capsule to chewable or vice versa
- Try a different form as you may tolerate a different variation better



ODOR

- Utilize a pill box or leave your vitamins for the week on a dish in a cool, dry place. This lets the odor dissipate.



IMPORTANT NOTES

- Bariatric vitamins are important long-term to protect your health. Talk to your medical team for individualized recommendations.