



## Celebrate™ Vitamins

**Celebrate is a trusted name in Bariatric Vitamins that meet the guidelines set by the American Society for Metabolic and Bariatric Surgery (ASMBS)**

The live links in this PDF will take you directly to the Celebrate product pages.  
Nutriscape will earn a small commission each time you order through the links below.  
All commissions are used to support the NutriScape.NET website. Thank You for Your Support!

<b>Starter Kits</b>	<b>Count</b>	<b>Cost</b>
<a href="#">Starter Kit: Post Roux-En-Y Gastric Bypass Surgery</a>		\$66.95
<a href="#">Pre-Op Starter Kit: 2 Week Kit for Very Low Calorie Diet</a>		\$139.95
<a href="#">Sample Pack</a>		\$9.95
<a href="#">Starter Kit for the Gastric Sleeve Surgery</a>		\$59.95
<a href="#">Starter Kit for Duodenal Switch Surgery</a>		\$79.95
<a href="#">4YOU Regain Kit: A 5 Week Online Lifestyle Support Program Complete With Supplements and cookbook</a>		\$695.00
<a href="#">5 Week Post-Op Starter Kit: Protein/Vitamin/Calcium/Fiber Drink (Add Iron Separately)</a>		\$74.95
<b>Multivitamin Options</b>		
<a href="#">Multivitamin Capsules without Iron</a>	90 count	\$18.95
<a href="#">Multivitamin Capsules (Iron Free)</a>	30 count	\$16.95
<a href="#">Multivitamins Soft Chews-Apple Flavor</a>	60 count	\$29.95
<a href="#">Prenatal Multivitamin</a>	60 count	\$22.95
<a href="#">Pre-Surgery Multivitamin</a>	60 count	\$14.95
<a href="#">Multi-ADEK Vitamin for Duodenal Switch Surgery</a>	120 count	\$24.95
<a href="#">CelebrateONE-18: Multivitamin with 18mg Iron</a>	30 count	\$15.95
<a href="#">Multi-Complete 45: A Multivitamin with 45mg Iron</a>	60 count	\$19.95
<a href="#">CelebrateONE-45: A Multivitamin 45mg Iron</a>	30 count	\$16.95
<a href="#">Multi-Complete 60: Multivitamin with 60mg Iron</a>	60 count	\$22.95
<a href="#">Multivitamin with Calcium-Chewable</a>	120 count	\$29.95
<b>Shake Drinks</b>		
<a href="#">Essential Multi 3 in 1: A Multivitamin Drink with Calcium &amp; Fiber</a>	60 servings	\$31.95
<a href="#">Essential Multi 4 IN 1: Drink Includes Multivitamin, Fiber, 25g Protein &amp; Calcium</a>	14 servings	\$41.95
<a href="#">ReBuild: A Protein Shake Plus Probiotic</a>	15 servings	\$24.95
<a href="#">Meal Replacement Protein Shake Powder</a>	693 g	\$30.95



<b>Iron and Calcium</b>		
Iron + C Capsules & Tablets	30 count	\$6.95
Iron Chewable Tablets with Vitamin C	30 count	\$8.95
Iron with Vitamin C Soft Chews	30 count	\$15.95
Calcium Citrate Soft Chews	90 count	\$32.95
Calcium Citrate Soft Chews Combos	90 count	\$39.95
Calcium PLUS - Calcium Citrate Tablets	180 count	\$17.95
Calcium PLUS 500 Chewable	90 count	\$24.95
<b>Other Nutrients</b>	<b>Count</b>	<b>Cost</b>
Refresh Sleep with Magnesium	60 count	\$17.95
Hair, Skin & Nails Capsule	120 count	\$22.95
Biotin	90 count	\$13.95
Renew Collagen Peptides	30 servings	\$27.95
Coromega Omega 3 Squeeze	90 count	\$27.95
Balance Probiotic Plus Prebiotic	30 count	\$27.95
Zinc Plus Copper	90 count	\$8.95
Vitamin D3	90 count	\$10.95
Vitamin B 50 Complex Capsules	90 count	\$12.95
B-12 Quick-Melt	90 count	\$15.95
Thiamin Vitamin B1 100mg	90 count	\$9.95
Vitamin A	90 count	\$9.95
<b>Snacks</b>		
Protein Soups	7 count	\$10.95
Protein Chips	7 pack	\$13.95
Protein Bars	7 count	\$14.50
Meat Snacks Sticks	18 count	\$31.95
<b>Miscellaneous</b>		
BlenderBottle® ProStack		\$8.95
Gostak Vitamin Storage		\$12.95
H2GO Force Water Bottle		\$19.95
Hoodie Sweatshirt		\$22.95
Gift Card For Celebrate Vitamins		\$25.00



## 2019 ASMBS Guidelines for RNY

### Multivitamin (MVI)

Thiamin	At least 12 mg / day *
Folic Acid	400 – 800 mcg / day from MVI 800 – 1,000 mcg / day total (female, child bearing age)
B12	Oral: 350 – 1,000 mcg / day
Vitamin D	3,000 IU (75 mcg)
Vitamin A	5,000 – 10,000 IU (1,500 – 3,000 mcg) / day
Vitamin E	15 mg / day
Vitamin K	90 – 120 mcg / day
Copper	2 mg / day from MVI
Zinc	8 – 22 mg / day from MVI

Zinc to copper ratio: 8 – 15 mg of zinc for every 1 mg of copper

### Iron (from all supplements)

At least 18 – 60 mg / day \*\*  
CANNOT take with Calcium

### Calcium (from food and supplements)

1,200 – 1,500 mg / day  
Take in divided doses  
Calcium Citrate may be taken with or without meals

### Other

Protein (often individualized)	Minimum of 60 g / day with some patients needing higher amounts of 80 – 90 g / day
Fluids (often individualized)	At least 50 oz / day to ensure adequate hydration

\* At risk patients: rapid weight loss, protracted vomiting, the need for parenteral nutrition, excessive alcohol, neuropathy, encephalopathy, and/or heart failure. At risk patients need at least 50 – 100 mg of thiamin daily.

\*\* Low risk patients (males and patients without a history of anemia) need 18 mg of iron from their multivitamin. Higher risk patients (menstruating females who have had SG, RNY, or BPD / DS or those with anemia) need at least 45-60 mg of iron daily.

Information adopted from Mechanick et al SOARD. 2020; 16:175-247



## 2019 ASMBS Guidelines for VSG

### Multivitamin (MVI)

Thiamin	At least 12 mg / day *
Folic Acid	400 – 800 mcg / day from MVI 800 – 1,000 mcg / day total (female, child bearing age)
B12	Oral: 350 – 1,000 mcg / day
Vitamin D	3,000 IU (75 mcg)
Vitamin A	5,000 – 10,000 IU (1,500 – 3,000 mcg) / day
Vitamin E	15 mg / day
Vitamin K	90 – 120 mcg / day
Copper	1 mg / day from MVI
Zinc	8 – 11 mg / day from MVI

Zinc to copper ratio: 8 – 15 mg of zinc for every 1 mg of copper

### Iron (from all supplements)

At least 18 – 60 mg / day \*\*  
CANNOT take with Calcium

### Calcium (from food and supplements)

1,200 – 1,500 mg / day  
Take in divided doses  
Calcium Citrate may be taken with or without meals

### Other

Protein (often individualized)	Minimum of 60 g / day with some patients needing higher amounts of 80 – 90 g / day
Fluids (often individualized)	At least 50 oz / day to ensure adequate hydration

\* At risk patients: rapid weight loss, protracted vomiting, the need for parenteral nutrition, excessive alcohol, neuropathy, encephalopathy, and/or heart failure. At risk patients need at least 50 – 100 mg of thiamin daily.

\*\* Low risk patients (males and patients without a history of anemia) need 18 mg of iron from their multivitamin. Higher risk patients (menstruating females who have had SG, RNY, or BPD / DS or those with anemia) need at least 45-60 mg of iron daily.

Information adopted from Mechanick et al SOARD. 2020; 16:175-247