

BARIATRIC VITAMIN BRANDS *at a glance*

DIFFERENT BRANDS. DIFFERENT FORMATS. SAME GOAL: KEEP YOUR BODY (AND HAIR) HAPPY FOR THE LONG HAUL. *Let's break it down.*



BRAND	FORMATS (HOW IT COMES)	COST RANGE (IN GENERAL)	KNOWN FOR (THE HIGHLIGHTS)	BEST FOR (WHO IT FITS)	THINGS TO CONSIDER (THE FINE PRINT)	SHENELLE'S REALITY CHECK ★
BARIATRIC advantage <i>Trusted. Researched. Proven.</i>	Capsules Chewables Calcium chews Powders	\$\$\$ (Higher end of the range)	✓ One of the most established bariatric brands ✓ Wide variety of products to support different needs ✓ Third-party tested ✓ High-quality ingredients	People who want lots of options and customized support	Often requires multiple products depending on your protocol. Your supplement organizer may need its own supplement organizer.	“ Great reputation. Huge product line. Make sure you’re comparing actual nutrients, not just buying the first thing your Facebook group recommends. ”
Celebrate VITAMINS <i>Celebrate Every Day.®</i>	Capsules Chewables Soft chews Calcium chews Powders	\$\$\$ (Higher end of the range)	✓ Comprehensive bariatric regimens ✓ Complete vitamin + mineral coverage ✓ Trusted by many bariatric programs ✓ Options for all stages post-op	Patients who want an all-in-one system and a brand their team already knows	Can become expensive when calcium is added or when using multiple products from the line.	“ Probably one of the most common brands you’ll see after surgery. Just pay attention to how many products your plan actually requires. ”
ProCare Health <i>Simplify. Nourish. Thrive.</i>	Once-daily capsules	\$\$ (Moderate)	✓ Designed for simplicity ✓ Once-daily capsule that still delivers complete nutrition ✓ High potency nutrients	People who hate taking multiple vitamins. (Perfect for those who already forget where they left their coffee.)	Some patients may still need additional supplements based on labs and surgery type.	“ Popular because it’s simple. Simplicity increases compliance, and compliance beats perfection. ”
BARIMELTS <i>Melts in Your Mouth. Not in Your Routine.</i>	Dissolvable melts	\$\$–\$\$\$ (Varies by product line)	✓ Dissolvable vitamins that melt in your mouth ✓ Great option for those who have difficulty swallowing pills ✓ Variety of flavors	Pill avoiders and anyone who wants an easy, melt-and-go option	Some products require multiple melts daily to meet full nutrient needs.	“ Fantastic if pills make you want to launch yourself into the sun. ”
OPURITY NUTRITION <i>Pure. Potent. Purposeful.</i>	Capsules Chewables	\$\$–\$\$\$ (Varies by product line)	✓ Bariatric-specific formulas ✓ Focus on high-quality, bioavailable ingredients ✓ Third-party tested	People looking for high-quality, bariatric-specific formulations for long-term use	Product selection varies. Compare formulas based on your individual needs and labs.	“ Quality ingredients matter. Read the label like your hair depends on it. (Because it might.) ”
PatchMD <i>Vitamins. Simplified.</i>	Transdermal patches	\$\$ (Moderate)	✓ Transdermal vitamin patches ✓ Alternative for those who struggle with pills ✓ Convenient and easy to use	Patients who struggle with pills or have severe pill fatigue	Convenient? Yes. Settled science for bariatric patients? Not quite.	“ If you’re using patches, make sure you’re staying on top of your labs. ”
unjury <i>Real Food. Real Results.</i>	Protein powders Protein bars Vitamins	\$\$ (Moderate)	✓ Well-known for high-quality protein products ✓ Supports nutrition beyond just vitamins ✓ Great flavors and textures	Protein-focused patients who want support for their nutrition goals	Not a complete vitamin solution on its own—best combined with a bariatric vitamin.	“ Great protein support. Protein and vitamins are teammates, not replacements. ”



STOP LOOKING FOR THE “BEST” BARIATRIC VITAMIN. *Start looking for the vitamin you can* **TOLERATE, AFFORD, ABSORB, and ACTUALLY TAKE CONSISTENTLY.**

The sexiest vitamin on the internet doesn’t do a damn thing sitting unopened in your kitchen cabinet. *Take it. Consistently. For life.*

QUICK TIPS BEFORE YOU BUY:

- ✓ Know your surgery type.
- ✓ Check for iron if you need it.
- ✓ Read the label. Seriously.
- ✓ Consider your tolerance and lifestyle.
- ✓ Ask your bariatric team.
- ✓ Stay on top of your labs.



REMEMBER: Even years after surgery, routine labs and follow-up appointments are key to catching deficiencies early and staying your healthiest for the long haul.



COST GUIDE:

\$ = Lower Cost
 \$\$ = Moderate Cost
 \$\$\$ = Higher Cost.

(Prices vary by retailer and change over time.)