

# STUDY ABSTRACT

## VITAMIN & MINERAL SUPPLEMENT

### Vitamin and Mineral Levels in Patients after Roux-en-Y Gastric Bypass Using Bariatric Fusion® Chewable Vitamins

**BACKGROUND:** Following Roux-en-Y gastric bypass (RYGB), life-long vitamin supplementation is recommended. However, no studies are available to demonstrate the effectiveness of any vitamin regimen on post-operative blood vitamin levels. We sought to determine if the recommended daily regimen of the Bariatric Fusion® Chewable Vitamin was sufficient to prevent commonly encountered nutritional deficiencies seen after RYGB.

**METHODS:** 100 patients undergoing RYGB from the Synergy Bariatrics practice in Western New York were retrospectively analyzed for at risk vitamin and mineral deficiencies. To be included in the study, patients were required to have at least one-year of continuous Bariatric Fusion® Chewable Vitamin as their only supplementation, laboratory assessment at baseline, and one-year follow-up for target vitamins and minerals.

**RESULTS:** After one-year of continuous supplementation with Bariatric Fusion® Chewable Vitamins and no other supplements, 100% of patients were within the normal range for vitamin B1, folate, and calcium. The large majority of these patients were also within the normal ranges for vitamin B12 (93%), iron (86%), and vitamin D (84%).

**CONCLUSION:** Patients using the recommended daily regimen of Bariatric Fusion® Chewable Vitamins had normal concentrations of most important vitamins and minerals. Supplementation with iron and vitamin D is rarely needed, if pre-bypass levels are normalized.

