



TIP: Daily multi-vitamins may reduce your risk of heart disease

Do I need to take a Multivitamin supplement?

- We recommend that everyone with a Lapband will benefit from taking a good multivitamin-mineral supplement to optimize your nutritional intake.

But I eat a healthy, balanced diet....

- Research shows that people with a Lapband who take a multi-vitamin supplement have better health indicators than those who don't take any supplements, even when they had a healthy diet.

- ◆ *People with a Lapband who take a multivitamin supplement have a lower level of Homocysteine than those who do not take a multivitamin.*
- ◆ *Homocysteine is an amino acid (protein building block) in blood.*
 - ❖ *High levels of Homocysteine place you at a higher risk of heart disease, including heart attack and stroke.*
 - ❖ *High levels of Homocysteine may also place you at higher risk of Alzheimer's Disease.*
- ◆ *Homocysteine levels are maintained by adequate levels of Vitamin B12, Folic Acid and Vitamin B6.*
 - ❖ *People with a Lapband require higher levels of these nutrients to maintain Homocysteine levels.*

What type of multivitamin supplement should I take?

- You may find a capsule Multi-Vitamin supplement is easier to manage than a tablet form.
- Make sure the supplement includes
 - Vitamin B12
 - Vitamin B6
 - Folic Acid (or Folate) preferably 400micrograms

Cenovis Women's Multi	1 capsule
Swisse Womens Ultivite	2 capsules or 1 tablet per day
Blackmores Pregnancy and Breast Feeding Formula	2 capsules per day
Centrum Select 50+	1 tablet
Blackmores Multi Vitamin & Mineral - Sustained Release	1 tablet
Nature's Way Mega Multi	1 tablet
Naturopathica Super Mega Multi for women	1 tablet
Natural Nutrition Womens Mega Potency Multi Vitamin	1 tablet
Microgenics womens proactive multivitamin	1 capsule provides 300mcg folic acid



- Check with your dietitian if your current supplement is suitable
- If you are taking other supplements (eg iron), you may already be getting adequate folic acid.

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