



FITFORME GUIDE

The guide to easy vitamin intake

With valuable tips from customers

EAT
SLEEP
TAKE
REPEAT

Let's get started

You are receiving this guide because you have had weight loss surgery or will soon have surgery. **A courageous step that you should be incredibly proud of!**

However, weight loss surgery is not a small thing. It has impact and changes your life forever. And the journey to a new, healthy version of yourself? It only really begins after surgery. You need healthy food and enough exercise every day. And multivitamins to stay fit and balanced.



Taking multivitamins every day for the rest of your life can take some getting used to. This guide is meant to help you with this, so that taking them becomes a regular, simple routine. And you can focus on other things while working on your health.

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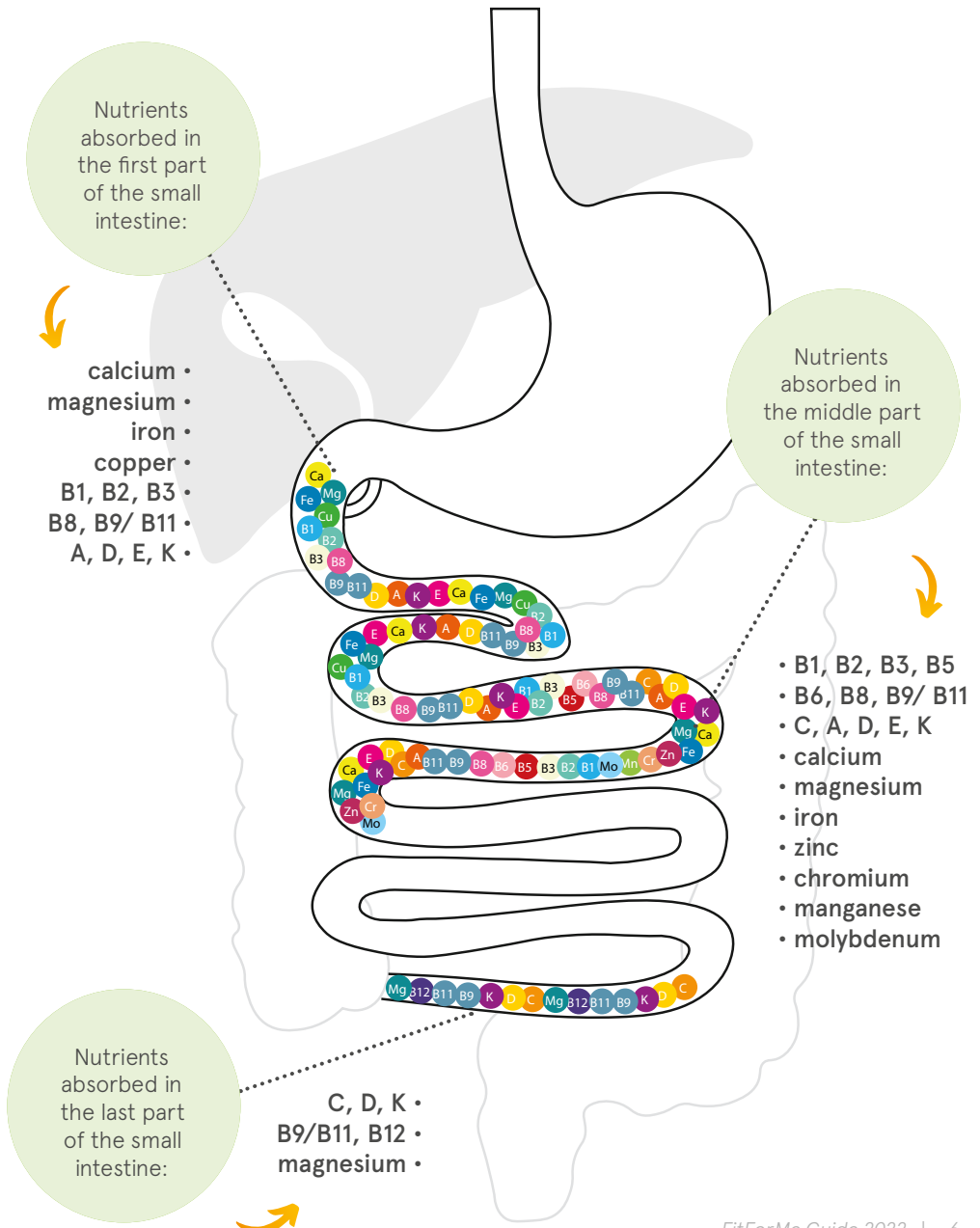
Why do I need multivitamins?

You chose weight loss surgery for a reason. Because you want to get healthier and are completely done with annoying symptoms. Because you SO want to feel energetic and good. For that, you also need vitamins and minerals. Because vitamins and minerals are the heroes that keep you balanced.

After weight loss surgery, you miss parts of your organs. You eat only small portions and sometimes you can no longer tolerate all food. As a result, you don't get enough vitamins and minerals. Your body also absorbs fewer nutrients as a result of the surgery. Because your [digestive system](#) has changed for good, it will remain that way. There is nothing you can do about that except take multivitamins every day.



The active absorption of nutrients with an intact digestive system



The active absorption of nutrients after weight loss surgery (gastric bypass)

Nutrients absorbed in the first part of the small intestine:

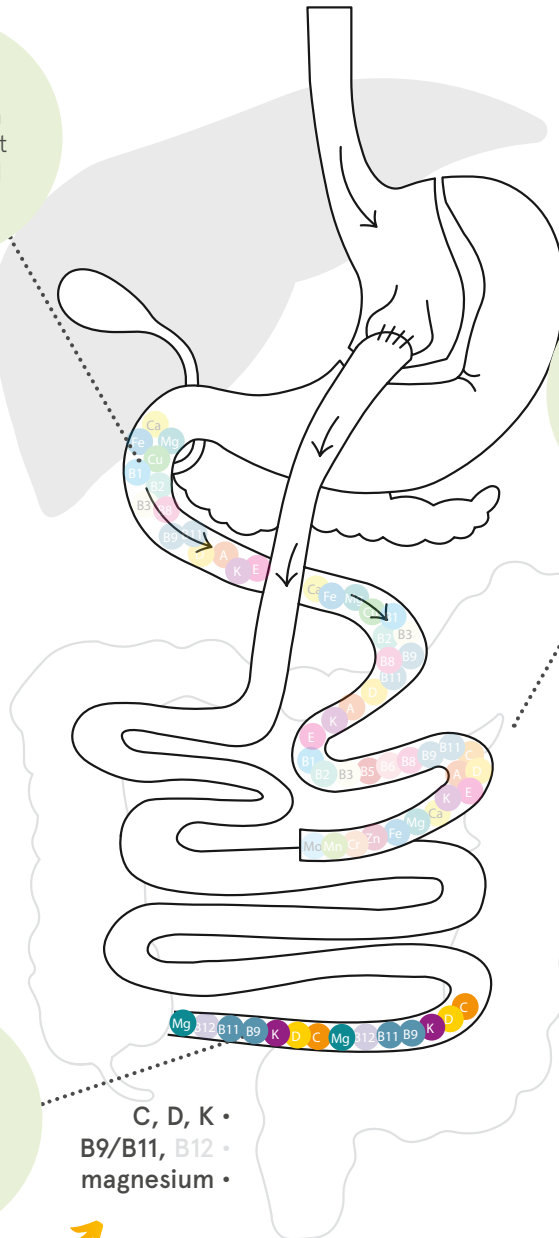
- calcium •
- magnesium •
- iron •
- copper •
- B1, B2, B3 •
- B8, B9/ B11 •
- A, D, E, K •

Nutrients absorbed in the middle part of the small intestine:

- B1, B2, B3, B5
- B6, B8, B9/ B11
- C, A, D, E, K
- calcium
- magnesium
- iron
- zinc
- chromium
- manganese
- molybdenum

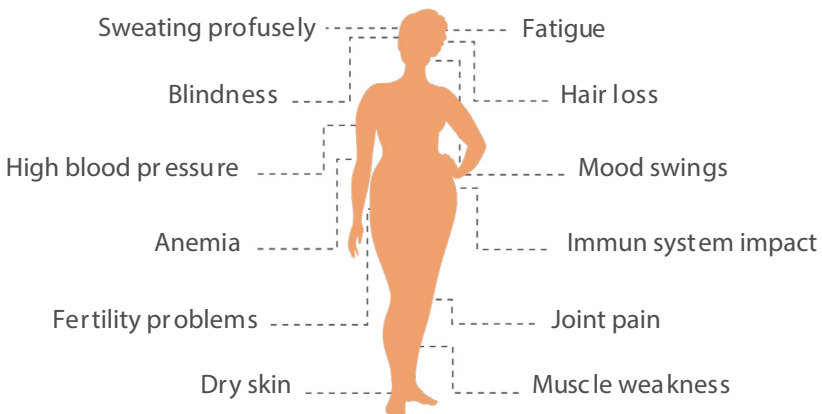
Nutrients absorbed in the last part of the small intestine:

- C, D, K •
- B9/B11, B12 •
- magnesium •



What happens if I don't take multivitamins?

After weight loss surgery, the risk of vitamin and mineral deficiencies is high. Even if you eat, exercise and live healthily. A deficiency causes a variety of symptoms, which can be severe and permanent. From fatigue and low energy to mood swings and skin and hair complaints. It can also lead to high blood pressure and fertility problems. In the long run, a deficiency can even cause permanent damage to your nervous and immune systems.



You don't always notice a deficiency right away and it's often hard to recognize. The longer it lasts, the more complicated it can be to replenish the deficiency and repair the damage. That's why regular blood tests are so valuable.

Prevention really is better than cure. Don't wait until you develop symptoms and take the right multivitamins as a precaution. Keep taking them every day for the rest of your life. That's how you support your health and stay fit and strong.

“From the beginning, I have taken my vitamin pill every night before bed. That way it has become a regular routine and I never really forget them!”

- Kirsten Nikkels



How does the absorption of vitamins and minerals work?

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Your body absorbs vitamins and minerals from food.

They are found in fruits, vegetables, meat, grains, nuts and dairy products, for example. So because of surgery, you get less nutrition and therefore not enough vitamins and minerals.



PROTEINS



FIBER



FATS



CARBS

[Here](#) you can see where vitamins and minerals are normally absorbed. Because of surgery, your body works differently from people with an intact digestive system. Your digestive tract has been modified and sometimes your intestines have been rerouted ([see here](#)). You also no longer make any or only little stomach acid and intrinsic factor (protein produced in the stomach wall). This all causes you to absorb nutrients less well.

Blood value check-ups

Your blood values give an indication of the supply of vitamins and minerals in your body. That's why checking your blood values is so important. This not only lets you know if you have deficiencies. Blood value check-ups also confirm whether the multivitamins are doing their job.

Vitamins and minerals all do their part to keep you healthy. Want to learn more about how vitamins and minerals work in your body? Find out what they do for you [here](#).



When you feel
like quitting,
**remember why
you started**

Multivitamins that make a difference

FitForMe's multivitamins are specifically designed for your type of weight loss surgery. Scientifically proven, formulated in a specific dosage and ratio. To stay fit and balanced every day.

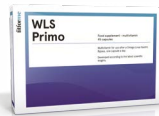
Our multivitamins for the different surgeries



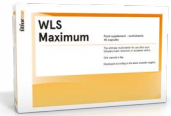
Gastric Sleeve



Gastric Bypass



Mini Gastric Bypass
/ One Anastomosis
Gastric Bypass



Biliopancreatic
Diversion/Duodenal
Switch



Why multivitamins from FitForMe?

FitForMe develops multivitamins together with doctors and hospitals specializing in weight loss surgery. Our multivitamins are tailored exactly to what you need after your surgery. So you get just the right amounts. Not too little, but not too much either.



**Scientifically
proven**



**Personal advice
and support**



**Customised to
your surgery**



**Just one capsule
a day**



**Free delivery to
your doorstep**

Because we have been using scientific research for more than 10 years, we can continue to improve our multivitamins. So we make sure they are safe and responsible and do what they promise.



Tips for easy intake

A multivitamin only works if you take it daily. But how do you do that if you have trouble taking multivitamins or medications? First of all, know that you are not alone. Many people experience issues swallowing capsules. Usually there is no medical cause and it has nothing to do with the capsule or tablet. Still, it is very annoying. Especially since it is essential to take multivitamins every day. The following steps and tips are going to help you!

Step-by-step plan

- 1 Sit upright at the table with a glass of drink, such as water, possibly diluted with sugar-free syrup, or a cup of green tea.
- 2 Take a sip of the drink first and swallow slowly.
- 3 Press the capsule or iron tablet (Ferro) out of the package.

- 4 Moisten the capsule or tablet with a little water from the tap. This prevents the outside of the capsule or tablet from sticking or getting stuck in your throat.
- 5 Place the capsule or tablet on the center of your tongue.
- 6 Take another sip of drink and move your chin toward your chest as you swallow the capsule. By bending forward and not backward you make more room in the throat.
- 7 Another method: bend your head forward. Put your molars together and push your tongue against your front teeth. The capsule now presses against your palate. Then swallow the liquid and the capsule or tablet.

Good to know: Do not take the multivitamin or Ferro tablet with dairy products. Not with milk, yogurt, cottage cheese or drinking yogurt. Dairy contains calcium, and calcium prevents you from absorbing iron properly. A little dairy, such as milk in coffee, is not a problem.

Important tips:

- Take the capsule or chew tablet during or immediately after a meal. Before bedtime is also okay. As long as you have food in your stomach.
- Create a fixed moment of rest when you take the multivitamin. Provide a quiet environment. Sit at the table and make sure there is no rush.
- Do not take the multivitamin at the same time as dairy products and calcium supplements. Make sure there is at least 2 hours between taking the multivitamin, calcium and dairy.
- Do you keep finding it difficult to swallow capsules? Or are you having issues after taking it? Then opt for a chewable vitamin*.
- Using the chewable vitamin? Take the Ferro tablet first and then the chewable vitamin for a fresh taste.
- Is the chewable vitamin not working for you? Then open the capsule and take the contents (powder). Mix the contents with a bite of sugar-free applesauce, mashed fruit or other sugar-free liquid food.

*Only WLS Forte and WLS Optimum are available as chewable vitamins.
Want to read more intake tips? Go to [this blog](#).

Did you know...

We also receive intake tips from customers? We are extremely happy about that, because that way we can help even more people, together. And be honest... what could be better than tips and tricks from experts with experience?

What to do in case of nausea

Unfortunately, nausea occurs after taking a multivitamin. How is that possible? Sometimes your stomach, esophagus and small intestine are still sensitive after surgery. The way you take the multivitamin can also have an effect. Another possible cause is the high dosage of vitamins and minerals. For example, there is a high dose of iron in our multivitamins and Ferro tablets. Iron is desperately needed for all kinds of important processes in your body. However, iron can slightly irritate the stomach wall. After weight loss surgery, this can cause nausea.

With these tips, you can decrease the chances of nausea:

- Take the multivitamin during or after you eat something. This is because the fat-soluble vitamins contained in the multivitamin need a little fat from food. This ensures the best absorption. In addition, a full stomach reduces the chance of nausea.
- Take the multivitamin before bedtime. When you sleep, you won't suffer from nausea.
- The capsule is best swallowed with a sip of drink. Without fluid, the capsule may stick and not slide down the throat properly. This can cause a nasty feeling.
- A warm drink before meals, such as mint or chamomile tea or chicken broth, helps with nausea.
- A tip from a client: eat a few (max. 6) raisins after the capsule.


- Fresh ginger has a calming effect on the stomach and digestion. Cut off a piece and peel the outside with a potato peeler. Eat it or make ginger tea.

MAKING YOUR OWN GINGER TEA

This is what you need: water, fresh ginger, lemon or stevia to taste.

Here's how to make it: Boil the water and cut a few slices of fresh ginger. Add the ginger and a slice of lemon to the water. Let steep for 5 minutes. Season with honey or stevia, if desired. Did you know that you can easily store ginger tea in the refrigerator?

Then all you have to do is heat it up. Or make it into iced tea with a few ice cubes!

A glass of ginger tea and a small bowl of ginger slices. The glass is on the left, filled with a yellowish liquid. The bowl is in the center, containing several slices of ginger. A yellow arrow points from the bowl towards the text bubbles.

Ginger is a root bulb of the ginger plant and **is known to remedy nausea.**

Ginger, in fact, contains **gingerol**. This substance temporarily blocks the signal between the stomach and the 'vomiting center' in the brain.

Additional tips for nausea

- Eat small amounts, chew well and don't eat and drink at the same time.
- Focus on your breathing and consciously take several deep breaths in and out.
- Get some fresh air. Go outside and breathe quietly in and out for about 10 minutes.
- Find distractions so you don't think about the nauseous feeling. For example, put on soothing music.

Let us help you

Do you continue to feel nauseous or have trouble swallowing multivitamins? Feel free to [contact](#) us. Our dietitians are happy to help you.

More tips?

Check out the QR code below.



Tips to stop forgetting your multivitamins

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A multivitamin is only effective if you take it every day. That's why a set routine is so important. With these tips, you can be sure you'll never forget them again.

- Choose a fixed time every day to take your multivitamin. For example, during breakfast, lunch or before bedtime.
- Put the multivitamins in plain sight so you see them every day.
- Always have multivitamins in your bag. Convenient for on the go or when you go on vacation.
- Set a daily alarm on your phone. This will give you a reminder every day when it's time to take your multivitamin.
- Use a handy app as a reminder, such as Medicijn and Pil Herinnering, Pil-app or Medicijn Wekker.
- Or stick a bill on the refrigerator to remind you to take it.
- Make it visual and use a calendar or diary to check off your multivitamin intake.

**Today is your
opportunity
to build the
tomorrow that
you want**

Tips and tricks from clients

✓ Stick to routines

A habit only becomes a habit when you repeat it. So stick to your routine and remember what you're doing it for: a healthy, fit life and body!

✓ Visualize your goals

Know what your goals are and see them clearly before you as if you have already achieved them. Live according to the goal you want to achieve. This is also how top athletes achieve their peak performance!

✓ Be aware of the process

Learning new habits takes time and is a process. Be proud of all the steps you take, even if you haven't reached the end result yet. Even if you have taken multivitamins 3 days in a row, you are making progress.

✓ Reward yourself

Have you taken your multivitamins for 1 week or 2 weeks without breaks? Well done! Reward yourself with a nice magazine, hot bath or something else that makes you happy. Keep going like this so that intake becomes a regular, daily moment.

Tips? Share it with us!

Do you have a good tip for easy intake yourself? What helps you with nausea or not to forget your multivitamins? Share it with us! That way, together we can help even more people.

How to reach us



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FitForMe: For a balanced new you

Your health is most important to FitForMe. That's why we ensure the highest quality and are happy to help you on your healthy journey.

A team of dieticians for all your questions.

Both before and after your surgery, you can always ask questions about nutrition, health and multivitamins. Do you just want to share something because, after all, there's a lot on your mind when it comes to your weight loss surgery? Our dietitians specialize in weight loss surgery and are here for you.

- Call us: [+46 31 333 44 33](tel:+46313334433)
(Monday through Friday from 8.30 – 11.30)
- Schedule a free call appointment with a dietitian [here](#)
- Connect via social media:
 -  facebook.com/FitForMenorden
 -  instagram.com/Fitforme_Norden



Whatever we can help you with

I'm overstocked

Oops, you've been forgetting your multivitamins a little more often lately. Now you're stuck with a (small) supply, but your next order is almost on its way. What to do?

No worries. If you log into My FitForMe, your personal account, you can easily postpone your next order. This way you always keep control of your orders.

[Go to My FitForMe](#)

Trying out chewing vitamins?

Do you still have trouble swallowing capsules? Then try our chewing vitamin for a Gastric Sleeve (WLS Optimum) or Gastric Bypass (WLS Forte). With just 1 chewable vitamin and 1 Ferro tablet (included for free), you'll get the right vitamins and minerals.

Contact us [here](#), we'd be happy to help you.

More inspiration

At fitforme.com/dk you'll find everything you want to know about healthy and fit living. With inspiring blogs, stories and recipes, we are happy to support you on your healthy new path.

Don't want to miss anything?

Receive our inspiration email with the latest information, great promotions and valuable tips. And connect with us on our socials and make sure you don't miss a thing!

 facebook.com/FitForMenorden

 instagram.com/Fitforme_Norden



Understanding your intake

By gaining insight into your intake moments and writing down how you feel about them, you can make changes as needed. Print and/or fill out the chart on the next page.

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