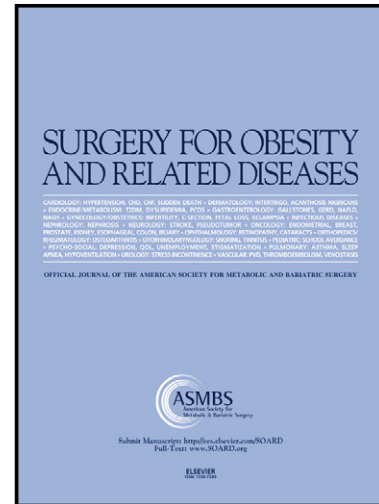


An Optimized Multivitamin Supplement Lowers the Number of Vitamin and Mineral Deficiencies three years after Roux-En-Y Gastric Bypass; a Cohort Study

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Abstract

Introduction

Vitamin and mineral deficiencies are common after Roux-en-Y gastric bypass (RYGB) surgery. In particular, inadequate serum concentrations of ferritin and vitamin B12 have been demonstrated in 11% and 23% (respectively) of patients using a standard multivitamin supplement (sMVS) one year after RYGB.

Objective

To evaluate the effectiveness and safety of WLS Forte® (a pharmaceutical-grade, optimized multivitamin supplement) compared to a sMVS and a control group (non-user) three years after RYGB.

Setting

General hospital specialized in bariatric surgery

Design

A follow-up cohort study of a triple-blind randomized, controlled clinical trial.

Results

148 Patients were enrolled at baseline (74 [50%] in the sMVS group and 74 [50%] in the WLS Forte group). After a mean follow-up of 36 months, 11 (7%) patients were lost to follow-up, of which two secondary to death. At the end of the study, 11 (17%) patients in the WLS Forte® and 17 (24%) in the sMVS group stopped using a supplement. In addition, 64 (47%) patients were using WLS Forte® and 45 (33%) patients a sMVS. Patient characteristics and follow-up length were comparable between the groups. Significantly more patients were diagnosed with anemia (16% vs.

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