

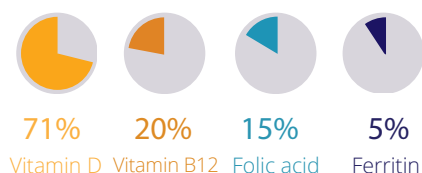
Supplementation after Sleeve Gastrectomy

The deficiency risk and therefore the need of long-term suppletion for Sleeve Gastrectomy (SG) patients was initially considered low⁴. However, several studies have shown that deficiencies in SG patients are as common as in RYGB patients⁵⁻⁸.

Preoperative deficiencies

Over half of all metabolic patients are diagnosed with one or more deficiencies before surgery¹⁵.

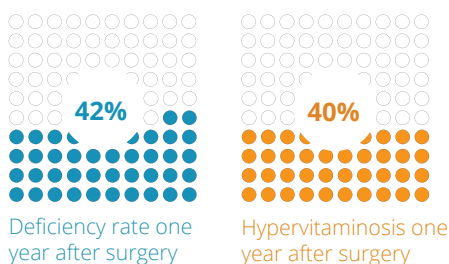
Deficiencies with highest prevalence¹⁵



Postoperative deficiencies

Almost half of all SG patients develop deficiencies in the first year after surgery, even when taking a standard multivitamin. Conversely, standard supplementation leads to hypervitaminosis as well, mostly for vitamin B6¹⁵.

Deficiencies/hypervitaminosis post-SG, with use of a standard multivitamin¹⁵



Compliance/advice?

Nutritional screening and adequate supplementation are imperative to ensure optimal nutritional status and health. Compliance is relatively low¹⁴, making the right advice key to reduce deficiency risk.

Reasons for deficiencies after Sleeve Gastrectomy

- **Decreased food intake** due to reduced stomach volume and increased saturation.
- **Faster passage of food** along the GI-tract, leaving less time for absorption²².
- **Lower food tolerance** for mostly food from animal sources, resulting in lower vitamin B and iron intake¹⁹⁻²¹.
- **Vomiting** is a risk factor for vitamin B1 deficiency, which is needed for gastric acid production²⁵.
- **Decreased production** of gastric acid and intrinsic factor, impairing vitamin B12 absorption²⁸.



Sleeve Gastrectomy
(illustration by: E.O. Aarts)

Supplementation with WLS Optimum

WLS Optimum was developed in 2009 and optimized twice, based on FitForMe study results and other scientific publications. This multivitamin is tailored to the specific nutritional needs of SG patients.

WLS Optimum is scientifically proven to be effective in preventing nutritional deficiencies and hypervitaminosis after SG.

The high deficiency prevalence after SG underscores the importance of lifelong use of a specialized multivitamin, tailored to the nutritional needs of SG patients. WLS Optimum is proven to be effective in the prevention of deficiencies after SG.