

WHAT YOU NEED
TO KNOW ABOUT
**WEIGHT LOSS SURGERY
AND NUTRITION**



NUTRITIONDIRECT™
IT'S ALL IN THE DELIVERY

WEIGHT LOSS SURGERY
**A BIG DECISION.
A NEW LIFESTYLE.
A NEW YOU.**

You may be thinking about having bariatric (weight loss) surgery, or possibly already decided to have it. You might feel a bit nervous, maybe even a little scared. But most of all, you probably feel hopeful.



Actor portrayal.

This brochure will help you prepare for what to expect from weight loss surgery. Vitamin B₁₂ is a good example of this. Weight loss surgery can limit the amount of vitamin B₁₂ that is absorbed in your body. It can be common to have vitamin B₁₂ deficiency after surgery. It is important to know what vitamins and minerals you may need to take before and after surgery; what your nutritional needs will be; and what adjustments you may need to make to your lifestyle to help you stay healthy, including learning how to eat differently to get the nutrition your body needs.

After having bariatric (weight loss) surgery, you may be closer to your goals than before - whether it is being healthy enough to keep up with the kids or just wanting to feel better. You will probably lose weight, which can help if you have weight-related conditions, such as:

- ▶ Type 2 diabetes
- ▶ Sleep apnea
- ▶ High blood pressure
- ▶ Acid reflux
- ▶ High cholesterol

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WHY VITAMINS AND MINERALS ARE IMPORTANT

Before weight loss surgery, you may have taken in vitamins and minerals you needed from your diet. But it is a little different after weight loss surgery, because surgery often changes how your body processes nutrients. For example, if part of your digestive tract has been altered or removed, your body may not be able to absorb several important vitamins or minerals the way it did before.

Vitamin B₁₂ is a good example of this. Weight loss surgery can limit the amount of vitamin B₁₂ that is absorbed in your body. There are a few reasons this happens. Your new diet might have fewer vitamin B₁₂-rich foods. Vitamin B₁₂ is released from food by acids in the stomach and if food bypasses the stomach completely, vitamin B₁₂ may not be released. Vitamin B₁₂ attaches to a substance called “intrinsic factor” (IF) and is carried into the small intestine, where it is absorbed into the body. After weight loss surgery, the amount of IF made by the stomach may be limited. It can be common to have vitamin B₁₂ deficiency after surgery.

You will have to take more vitamins and minerals to make sure your body gets the right amounts. The American Society for Metabolic and Bariatric Surgery (ASMBS) has specific guidelines* that tell you exactly which vitamins and minerals you will need.

*ASMBS Integrated Health Nutritional Guidelines for the Surgical Weight Loss Patient — 2016 Update: Micronutrients.

Visit our Facebook page for updates and nutritional support

FOLLOW US AT [FACEBOOK.COM/NASCOBAL](https://www.facebook.com/NASCOBAL)

You may be wondering if you really need to take these supplements for the rest of your life. You should take your vitamins as your healthcare provider recommends.

SIGNS AND SYMPTOMS OF VITAMIN AND MINERAL DEFICIENCY CAN BE NON-SPECIFIC. THESE MAY INCLUDE:

- ▶ **Vitamin B₁₂:** tingling in fingers and toes, fatigue, poor memory/confusion
- ▶ **Calcium and vitamin D:** numbness and tingling in the fingers, convulsions, abnormal heart rhythms
- ▶ **Folic acid:** weakness, fatigue, trouble concentrating, irritability, heart palpitations, shortness of breath, mouth sores, changes in the color of the skin, hair, or fingernails
- ▶ **Iron:** feeling tired or weak, lack of energy, problems with concentration and memory

Talk to your doctor about being screened for vitamin deficiency before and after surgery

WHAT IS NASCOBAL® NASAL SPRAY?

NASCOBAL® Nasal Spray is a prescription medicine used as a supplement to treat vitamin B₁₂ deficiency. People who have had bariatric (weight loss) surgery may not absorb enough vitamin B₁₂ from food. That is why NASCOBAL® may be a good option. It is a fine-mist nasal spray that gets absorbed directly into the bloodstream, bypassing the stomach and digestive tract. It is odorless and tasteless.

NASCOBAL® dosing is simple: **1 spray, 1 nostril, 1x a week***

NASCOBAL® Nasal Spray is the first FDA-approved vitamin B₁₂ nasal spray. Here are some features of this product:

- ▶ Once-weekly nasal spray
- ▶ Not a painful injection
- ▶ Tasteless and odorless fine mist
- ▶ Increased and maintained vitamin B₁₂ levels in clinical trials
- ▶ Absorbed directly into the bloodstream—designed to bypass the digestive tract
- ▶ Self-administered

***Dose adjustments may be required.**

WHAT IS NASCOBAL®?

NASCOBAL® is a prescription medicine used to treat vitamin B₁₂ deficiency caused by lack of absorption (malabsorption) that is not related to pernicious anemia.

NASCOBAL® should not be used for a vitamin B₁₂ absorption test known as the Schilling test.

In people who have corrected or have fixed their short-term causes of vitamin B₁₂ deficiency, the benefit of continued long-term use of NASCOBAL® is not known after vitamin B₁₂ deficiency has been corrected.

It is not known if NASCOBAL® is effective in people who currently have a stuffy nose, allergies or an upper respiratory infection. You should wait until these symptoms have gone away before using NASCOBAL®.

It is not known if NASCOBAL® is safe and effective in children.

Please see Important Safety Information throughout. Please [click here](#) for full Prescribing Information.

HOW TO USE NASCOBAL®



BEFORE YOU TAKE NASCOBAL®

- ▶ The unit contains only 1 spray: **DO NOT prime before use**
- ▶ Blow nose gently to clear both nostrils
- ▶ Hold the unit with your thumb, supporting it at the bottom, and your index and middle fingers on either side of the nozzle



TAKING NASCOBAL®

- ▶ Gently close 1 nostril with your other index finger. Insert the nozzle into open nostril approximately ½ inch, or as far as feels comfortable, and tilt your head slightly forward. Do not press the plunger yet
- ▶ Breathe in gently through your nose, close your mouth, and at the same time, press the plunger firmly with your thumb



AFTER YOU TAKE NASCOBAL®

- ▶ Remove the nozzle from your nostril. At the same time, keep your head level for 10 to 20 seconds while gently breathing in through your nose and breathing out through your mouth

Do not drink hot liquids or eat hot foods at least 1 hour before and 1 hour after taking NASCOBAL® Nasal Spray.

NASCOBAL®
(Cyanocobalamin, USP) Nasal Spray

NUTRITION DIRECT™ IS MADE ESPECIALLY FOR PEOPLE LIKE YOU

MAKING LIFELONG NUTRITIONAL SUPPORT EASIER

After surgery, part of your digestive tract and stomach may be altered or removed. Your body will not be able to absorb several important nutrients the way it did before. And because your stomach will be smaller, it will not take as long to feel full, so you will be eating less. If you are eating less, you are also getting less nutrition. That is why it is more important than ever to take vitamin and mineral supplements.

Nutrition Direct™ helps to make it easy for you to stay on track with important nutrients. It gives you the micronutrients recommended in the American Society for Metabolic and Bariatric Surgery (ASMBS) guidelines.*

*ASMBS Integrated Health Nutritional Guidelines for the Surgical Weight Loss Patient — 2016 Update: Micronutrients.



Actor portrayal

Please see additional Important Safety Information throughout. Please [click here](#) for full Prescribing Information.

With Nutrition Direct™, you get the supplements delivered to your home each month through ProCare PharmacyCare. The following supplements will be shipped with NASCOBAL® (Cyanocobalamin, USP) vitamin B₁₂ Nasal Spray:

- ▶ BariActiv® Multivitamin, with or without Iron†
- ▶ BariActiv® Calcium + D₃ & Magnesium†



†Free of milk, egg, fish, shellfish, tree nuts, peanuts, wheat, and soy.

IMPORTANT SAFETY INFORMATION FOR NASCOBAL®

Do not use NASCOBAL® if you are allergic to cobalt, vitamin B₁₂, or any of the ingredients in NASCOBAL®. **NASCOBAL® can cause serious side effects, including:**

- **Weakening of your eye nerve in patients with early Leber's disease.** Tell your healthcare provider if you or your family has a history of early Leber's disease.
- **Serious allergic reactions.** Serious, life-threatening allergic reactions, including death, have happened in people who have received vitamin B₁₂ by injection or by intravenous (IV) infusion (parenteral). Tell your healthcare provider if you have ever had a reaction after you received vitamin B₁₂ by injection or IV infusion.
- **Hiding (masking) a folate deficiency.** Your healthcare provider may do certain blood tests to check your vitamin B₁₂ and folate levels.

NUTRITION DIRECT™
IT'S ALL IN THE DELIVERY

TWO GREAT OPTIONS FOR GETTING THE NUTRITIONAL SUPPLEMENTS YOU NEED FOR LIFE

BariActiv® Chewable

- ▶ Can be started soon after surgery as discussed with your healthcare provider
- ▶ Used for lifelong nutritional support
- ▶ Great-tasting fruit flavor

BariActiv® Tablets/Capsules

- ▶ When chewable tablets are no longer required, tablets/capsules can be started as discussed with your healthcare provider
- ▶ Used for lifelong nutritional support

HOW TO TAKE BARIACTIV® SUPPLEMENTS

BariActiv® Chewable (can be chewed without the use of water)



BariActiv® Calcium + D₃ & Magnesium Chewable*

- ▶ Take one serving (2 tablets) twice a day



BariActiv® Multivitamin Chewable†

- ▶ Take one serving (1 tablet) once a day



BariActiv® Multivitamin + Iron Chewable*†

- ▶ Take one serving (1 tablet) once a day

HOW TO TAKE BARIACTIV® SUPPLEMENTS (continued)

BariActiv® Tablets/Capsules (can be easily swallowed with water)



BariActiv® Calcium + D₃ & Magnesium Tablets*

- ▶ Take one serving (2 tablets) twice a day



BariActiv® Multivitamin Capsule†

- ▶ Take one serving (1 capsule) once a day



BariActiv® Multivitamin + Iron Capsule*†

- ▶ Take one serving (1 capsule) once a day

Important note: The directions are different for chewable supplements and the tablets/capsules.

***It is very important NOT to take calcium and multivitamin with iron supplements at the same time. Take them at least 2 hours apart.**

†Talk to your doctor about which multivitamin option is best for you.

NUTRITIONDIRECT™
IT'S ALL IN THE DELIVERY

ABOUT BARIACTIV® VITAMINS AND MINERALS

NUTRITION DIRECT™: DESIGNED TO MEET THE ASMBS NUTRITIONAL GUIDELINES**

Your monthly delivery from Nutrition Direct™ includes supplements that provide the micronutrients the American Society for Metabolic and Bariatric Surgery recommends for people who have had weight loss surgery.

ASMBS Recommended Nutritional Supplementation*

BariActiv® Once-daily Chewable Multivitamins

Vitamin B ₁	✓ 12 mg/day
Vitamin B ₁₂	✓ 500 mcg/day
Folate	✓ 1,360 DFE (800 mcg folic acid)
Calcium†	✓ (see footnote below)
Vitamin A	✓ 3,000 mcg/day [§]
Vitamin E	✓ 15 mg/day
Vitamin K	✓ 300 mcg/day
Vitamin D	✓ 75 mcg/day
Iron	✓ Chewable: 18 mg/day ✓ Tablet/Capsule: 45 mg/day
Zinc	✓ 16 mg/day
Copper	✓ 2 mg/day

*ASMBS Integrated Health Nutritional Guidelines for the Surgical Weight Loss Patient — 2016 Update: Micronutrients.

†For all types of surgery, including Roux-en-Y gastric bypass (RYGB), laparoscopic sleeve gastrectomy (LSG), and laparoscopic adjustable gastric banding (LAGB).

‡Calcium is provided in the BariActiv® Calcium (1200 mg per day) + Vitamin D (3000 IU per day) supplement. It is very important NOT to take calcium and multivitamin with iron supplements at the same time. Take them at least 2 hours apart.

§Equivalent to 10,000 IU/day (3000 mcg RAE/day) retinol.

||Equivalent to 3,000 IU/day.

NUTRITION DIRECT™
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GET NUTRITIONAL SUPPLEMENTS DELIVERED RIGHT TO YOUR DOORSTEP

ENROLL IN NUTRITION DIRECT™

It offers eligible patients nutritional supplements they need after weight loss surgery for **as little as \$0 per month.**[¶]

If your doctor thinks Nutrition Direct™ may be right for you, you can enroll in 3 steps:

- 1 Talk to your doctor about Nutrition Direct™ at your next appointment.
- 2 Your doctor will ask you to complete the top half of the enrollment form. The doctor will sign the prescription on the bottom half.
- 3 The doctor's office will fax the completed form to ProCare PharmacyCare at 855-828-1492.

You will receive a welcome communication (text and/or phone call) from the pharmacy to confirm your order.

After that, ProCare PharmacyCare will ship your nutritional supplements to you within 3 to 5 days. You will receive an email confirming shipping with tracking information so you can track your shipment.

Your order will be automatically refilled each month. The pharmacy will help you with insurance claim processing each month so that the nutritional supplements in Nutrition Direct™ will arrive at your home. In addition to your nutritional supplements, the package will include materials to help you maintain a healthy lifestyle.

[¶]Patients may redeem this offer ONLY when accompanied by a valid prescription. Offer is valid up to a maximum benefit of \$150. Offer is not valid for patients whose prescriptions are reimbursed in whole or in part under Medicaid, Medicare, Medigap, VA, DoD, TRICARE, or any other federal or state programs (such as medical assistance programs) or where otherwise prohibited by law. Offer is not valid in VT or where prohibited in whole or in part. This offer may be amended or ended at any time without notice.

DELIVERING SUPPLEMENTS FOR LESS THAN YOU WOULD EXPECT

With Nutrition Direct™, you receive a monthly supply of nutrients that includes NASCOBAL® vitamin B₁₂ Nasal Spray and BariActiv® supplements. Together, NASCOBAL® and BariActiv® supplements give you micronutrients recommended by the American Society for Metabolic and Bariatric Surgery (ASMBS) guidelines.*

Many people are eligible to get Nutrition Direct™ for as little as \$0 per month.† That is a 30-day supply of supplements delivered right to your home.

NASCOBAL® NASAL SPRAY PRESCRIPTION WITH ENROLLMENT IN NUTRITION DIRECT™

ELIGIBLE PATIENTS MAY PAY AS LITTLE AS

\$0 PER MONTH† TO RECEIVE VITAMINS AND MINERALS THAT MEET ASMBS NUTRITIONAL GUIDELINES*

WHY PAY MORE?

*ASMBS Integrated Health Nutritional Guidelines for the Surgical Weight Loss Patient — 2016 Update: Micronutrients.

†Patients may redeem this offer ONLY when accompanied by a valid prescription. Offer is valid up to a maximum benefit of \$150. Offer is not valid for patients whose prescriptions are reimbursed in whole or in part under Medicaid, Medicare, Medigap, VA, DoD, TRICARE, or any other federal or state programs (such as medical assistance programs) or where otherwise prohibited by law. Offer is not valid in VT or where prohibited in whole or in part. This offer may be amended or ended at any time without notice.

NUTRITION DIRECT™
IT'S ALL IN THE DELIVERY

- ▶ Nutrition Direct™ is made especially for people like you
- ▶ Get Nutrition Direct™ delivered right to your doorstep for less than you would expect
- ▶ It is easy to get Nutrition Direct™



IMPORTANT SAFETY INFORMATION FOR NASCOBAL® (continued)

- **Low potassium levels (hypokalemia) and low blood platelets (thrombocytopenia)** can happen in people with serious megaloblastic anemia. Your healthcare provider may monitor your potassium levels and platelet counts during your treatment with NASCOBAL®.

Vitamin B₁₂ deficiency may hide signs of a blood condition called polycythemia vera. Treatment with NASCOBAL® may uncover this condition.

Tell your doctor if you are pregnant or planning to become pregnant (it is not known if NASCOBAL® will harm your unborn baby).

Please see additional Important Safety Information throughout. Please [click here](#) for full Prescribing Information.

NASCOBAL®
(Cyanocobalamin, USP) Nasal Spray

IMPORTANT SAFETY INFORMATION FOR NASCOBAL[®]

Do not use NASCOBAL[®] if you are allergic to cobalt, vitamin B₁₂, or any of the ingredients in NASCOBAL[®].

NASCOBAL[®] can cause serious side effects, including:

- **Weakening of your eye nerve in patients with early Leber's disease.** Tell your healthcare provider if you or your family has a history of early Leber's disease.
- **Serious allergic reactions.** Serious, life-threatening allergic reactions, including death, have happened in people who have received vitamin B₁₂ by injection or by intravenous (IV) infusion (parenteral). Tell your healthcare provider if you have ever had a reaction after you received vitamin B₁₂ by injection or IV infusion.
- **Hiding (masking) a folate deficiency.** Your healthcare provider may do certain blood tests to check your vitamin B₁₂ and folate levels.
- **Low potassium levels (hypokalemia) and low blood platelets (thrombocytopenia)** can happen in people with serious megaloblastic anemia. Your healthcare provider may monitor your potassium levels and platelet counts during your treatment with NASCOBAL[®].

Vitamin B₁₂ deficiency may hide signs of a blood condition called polycythemia vera. Treatment with NASCOBAL[®] may uncover this condition.

Tell your doctor if you are pregnant or planning to become pregnant (it is not known if NASCOBAL[®] will harm your unborn baby).

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

The most common side effects include infection, headache, feeling weak, nausea, swelling of your tongue, runny nose, tingling of the hands and feet.

These are not all the possible side effects of NASCOBAL[®]. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Please [click here](#) for full Prescribing Information.



NASCOBAL[®]
(Cyanocobalamin, USP) Nasal Spray