

bariemon

BARIATRIC MULTIVITAMINS AND MULTIMINERALS

enemon®

Bariemon™, tailored for the nutritional needs of patients after bariatric surgery.



Darinka Nardin, *Bariemon ambassador*

Benefits of specialized bariatric multivitamins and minerals

Bariemon™, tailored for the nutritional needs of patients after bariatric surgery,

Bariatric surgery (metabolic surgery, weight loss surgery) is currently the most effective long-term therapy for the management of patients with severe obesity. Bariatric surgery is safe and effective, but it can cause several **nutritional deficiencies** that influence the morbidity, mortality and quality of patients' lives.

Multivitamins made for healthy people do not contain sufficient nutrients to fulfil the high nutritional requirements of patients after bariatric surgery. Combining many different products to achieve nutritional goals is both inefficient and costly.

Bariemon™ is a specialised multivitamin for patients after bariatric surgery that fulfils the needs of essential vitamins and trace minerals.

Bariemon™ is developed in cooperation with bariatric surgeons, nutritionists and in accordance with the latest EASO and ASMBS bariatric surgery nutrition guidelines and research (1, 3).

B₁₂
500 µg

Up to 166x higher B₁₂ content than classic multivitamin supplements.

Fe²⁺
45 mg

Contains amino acid chelated iron (ferrous bisglycinate) for 2x higher bioavailability and less gastrointestinal side effects of iron (5).



1 tablet
per day.

Small tablets, easy to swallow.



Fe, Cu, I, Zn, Mn, Mo, Se,
Cr, A, E, K, D₃, B₁, B₂, B₆,
B₁₂, Biotin, Folic acid,
Niacin, Pantothenic acid

Improves quality of life by preventing nutrient deficiencies.



Saving costs for patients and the healthcare system.

Prevalence of nutritional deficiencies after bariatric surgery

1. **Thiamine** deficiency in up to 49% of post bariatric surgery patients.



2. **Iron** deficiency in up to 18% post sleeve gastrectomy, 20-55% post Roux-en-Y gastric bypass and 8-50% in duodenal switch.



3. Within 4 years post bariatric surgery, vitamin A deficiency in up to 70% of patients post Roux-en-Y gastric bypass and Biliopancreatic diversion/ Duodenal switch.



4. **Vitamin D** deficiency in up to 100% of post-bariatric surgery patients.



5. **Folate** deficiency in up to 65% of post bariatric surgery patients.



6. **Vitamin B12** deficiency in up to 20% post Roux-en-Y gastric bypass and 4-20% in post Sleeve gastrectomy.



7. **Zinc** deficiency in up to 19% post sleeve gastrectomy, 40% post Roux-en-Y gastric bypass and up to 70% post duodenal switch/biliopancreatic diversion.



8. **Copper** deficiency in 10-20% post Roux-en-Y gastric bypass and up to 90% post duodenal switch/ Biliopancreatic diversion.



9. 3 months post Roux-en-Y gastric bypass and sleeve gastrectomy, more than 80% of patients consume less than 60 g of **protein** per day (2).



Bariemon™, tailored for the nutritional needs of patients after bariatric surgery.

BARIEMON™ BARIATRIC MULTIVITAMINS AND MULTI-MINERALS is a Food for Special Medical Purposes for the dietary management of malabsorption after bariatric surgery. Bariemon™ provides complete multivitamin and trace mineral complex tailored to the needs of patients after bariatric surgery.

Bariemon™ improves compliance with supplementation as it contains amino acid chelated iron (ferrous bisglycinate) that offers high bioavailable iron without gastrointestinal side effects such as nausea and constipation.

According to the EASO guidelines (3), the supplementation regime should also include:

- calcium citrate supplement (at least 1000-1200 mg elemental calcium)
- during the first months post surgery, the addition of at least 30 g of high-quality protein (e.g. milk protein).



Nutritional information

BARIATRIC MULTIVITAMINS AND MULTIMINERALS, food for special medical purposes for the dietary management of malabsorption after **bariatric surgery**.

INGREDIENTS:

carriers: maltodextrin, mannitol; anti-caking agent: magnesium stearate; vitamin A (retinyl acetate, beta-carotene), vitamin D (cholecalciferol), vitamin E (DL-alpha-tocopheryl acetate), thiamine (thiamin mononitrate), riboflavin (riboflavin 5'-phosphate, sodium), vitamin B6 (pyridoxine hydrochloride), vitamin B12 (cyanocobalamin), folic acid (pteroylmonoglutamic acid), pantothenic acid (D-pantothenate, calcium), niacin (nicotinamide), biotin (D-biotin), vitamin C (L-ascorbic acid), vitamin K (phylloquinone), chromium (chromium picolinate), copper (cupric gluconate), iodine (potassium iodide), iron (ferrous bisglycinate), manganese (manganese sulphate), molybdenum (sodium molybdate), selenium (sodium selenite), zinc (zinc citrate), film coating: hydroxypropyl methyl cellulose, talc, polydextrose, maize starch, calcium carbonate, polyethylene glycol, colour: ferric oxide red.

NUTRITIONAL INFORMATION

VITAMINS AND MINERALS	PER TABLET
Vitamin A (µg)	1300
of which beta carotene (µg RE)	550
Vitamin D (µg)	50
Vitamin E (mg)	24
Vitamin K (µg)	90
Vitamin C (mg)	120
Thiamine (mg)	12
Riboflavin (mg)	3
Niacin (mg)	17
Vitamin B6 (mg)	3
Folic acid (µg)	400
Vitamin B12 (µg)	500
Biotin (µg)	120
Pantothenic acid (mg)	12
Iron (mg)	45
Zinc (mg)	16
Copper (mg)	1
Manganese (mg)	2
Molybdenum (µg)	50
Selenium (µg)	70
Chromium (µg)	100
Iodine (µg)	200



VEGETERIAN

MADE IN EU

GLUTEN FREE

Questions & Answers

Can Bariemon™ be taken with food?

Bariemon™ can be taken on an empty stomach or with a non-dairy meal. Avoid taking BARIEMON™ within two hours of taking a calcium supplement or dairy meal. The high calcium content in the dairy reduces the absorption of iron.

Should Bariemon™ be taken in the months prior to bariatric surgery?

Certain nutrient deficiencies are often present before bariatric surgery. Intense weight loss before surgery and very low food intake post surgery can deplete nutrient stores.

The content of any nutrient does not exceed the tolerable upper intake levels (UL) for healthy adults as set by the EFSA (European Food Safety Authority), therefore taking the recommended amount does not pose health risks to a bariatric patient preparing for surgery.

Do patients post restrictive surgery such as Sleeve gastrectomy, adjustable gastric banding and similar procedures also need supplementation?

The nutritional deficiencies after restrictive procedures such as adjustable gastric banding and sleeve gastrectomy are common. Many bariatric surgery candidates already have deficiencies prior to surgery and any bariatric surgery results in low food intake and consequently lower micronutrient intake.

Can Bariemon™ be used for all surgery types or should there be different products for each surgery type?

Intrapersonal differences in nutritional needs are large and are not only influenced by type of surgery. A 30-year-old female with adjustable gastric band may need more iron than a 30-year-old man post Roux-en-Y gastric bypass.

Bariemon™ is formulated to safely cover the needs of female and male patients post sleeve gastrectomy, Roux-en-Y gastric bypass, one anastomosis gastric bypass, duodenal switch and similar procedures. Additional nutrient supplementation may be needed in patients after biliopancreatic diversion and in pregnant patients.

Is Bariemon™ intended for use during pregnancy and lactation?

BARIEMON™ is intended for use during pregnancy and lactation. Post bariatric surgery, pregnant women require special monitoring and additional intake of certain nutrients, especially folic acid, iron and vitamin B12. For more detailed information on managing pregnancy post bariatric surgery, we recommend the freely available EASO Guidelines. See the references.

Where can I get more information about Bariemon™?

Visit www.bariemon.com
or write as an email: info@bariemon.com

About us

Bariemon™ is part of the Enemon™ brand within the Jata Emona d.o.o. group. We have been developing and producing science based nutritional products since 1982.

Bariemon™ started at the initiative of Slovenian bariatric surgeons, nutritionists and post bariatric surgery patients.

It offers a complete, simple and cost effective solution for prevention and managing of nutrient deficiencies associated with bariatric surgery.

Enemon's mission: Bringing nutrition science to the people who need it.

Enemon's vision: By offering quality, scientifically based foods for special medical purposes and food supplements, we contribute to the quality of life and nutritional status of people.

Contact info:

Website:

www.bariemon.com

Email:

info@bariemon.com

Address:

Jata Emona, d.o.o., Agrokombinatska 84, 1000 Ljubljana, Slovenia (EU)



Dr. Tadeja Pintar, asist. prof., MD, PhD.

Bariatric surgeon and scientific advisor for Bariemon:

Micronutrient supplementation after bariatric surgery is imperative to prevent nutritional deficiencies and ensure the long-term benefits of weight loss surgery.



Vid Vičič, MNutr.,

Head of R&D:

The recommended micronutrient intakes after bariatric surgery are often difficult to achieve. The goal of Bariemon is to provide simple, affordable "all in one" solution with high nutrient content, superb bioavailability in smallest tablet possible.

References

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3. Busetto L., Dicker D., Azran C., Batterham R. L., Farpour-Lambert N., Fried M., Hjelmæsæth J., Kinzl J., Leitner D. R., Makaronidis J. M., Schindler K., Toplak H., Yumuk V. 2017. Practical Recommendations of the Obesity Management Task Force of the European Association for the Study of Obesity for the Post-Bariatric Surgery Medical Management. *Obesity Facts*. 10, 6: 597-632
4. Sherf Dagan S., Goldenshluger A., Globus I., Schweiger C., Kessler Y., Kowen Sandbank G., Ben-Porat T., Sinai T. 2017. Nutritional Recommendations for Adult Bariatric Surgery Patients: Clinical Practice. *Advances in nutrition*. 8, 2: 382-394
5. Milman N, Jønsson L, Dyre P, Pedersen PL, Larsen LG. Ferrous bisglycinate 25 mg iron is as effective as ferrous sulfate 50 mg iron in the prophylaxis of iron deficiency and anemia during pregnancy in a randomized trial. *J Perinat Med*. 2014 Mar;42(2):197-206. doi: 10.1515/jpm-2013-0153. PMID: 24152889.

Bariemon™ is designed following latest bariatric nutrition guidelines and scientific research.

