

Table S1. Nutritional characteristics of the supplements used.

	Generic Bariatric supplement	RYGB specific supplement	SG specific supplement	Multivitamin supplement	Vitamin D 3 (Cholecalciferol)	Calcium carbonate	Generic vitamin B supplement	Iron (ferrous sulphate)
	Bariatric ©	WLS “Strong” ©	WLS “Optimum” ©	Multicentrum “Adults” ©	DIBASE ©	Natecal ©	Be-Total Plus ©	Ferrograd ©
Iron	30 mg	70 mg	28 mg	5 mg				105 mg
	VNR% 214	VNR% 500	VNR% 200	VNR% 36				VNR% 750
Vitamin D3	25 mcg 1.000 IU	75 mcg 3.000 IU	75 mcg 3.000 IU	10 mcg 400 IU	625 mcg 25.000 IU			
	VNR% 250	VNR% 750	VNR% 750	VNR% 100	VNR% 6250			
Vitamin B12	33 mcg	350 mcg	100 mcg	2.5 mcg			1.5 mcg	
	VNR% 1320	VNR% 14000	VNR% 4000	VNR% 100			VNR% 60	
Calcium				162 mg		600 mg		
				VNR% 20		VNR% 75		
Amount taken	one tablet per day	one tablet per day	one tablet per day	one tablet per day	*	one tablet per day	one tablet per day	one tablet per day

NRV: ‘Nutrient Reference Value’ - EU Food Information for Consumers Regulation 1169/2011. * Vitamin D deficient was treated with at least 25,000 IU of Cholecalciferol twice a week to achieve a blood level of 25(OH)D above 30 ng/mL followed by maintenance therapy of 25,000 IU of vitamin D3 once a week.

Table S2. Percent weight loss (%WL) in patients undergoing AGB, SG and RYGB procedures.

Time after surgery (months)	Surgery (n)	Mean (%WL)	Std. Deviation	95% Confidence Interval of the Mean		AGB vs SG vs RYGB	SG vs RYGB
				Lower Bound	Upper Bound	<i>p</i> *	<i>p</i> #
T3	AGB (11)	15.080	13.3662	5.518	24.642	0.904	0.323
	SG (25)	14.404	7.0153	11.442	17.366		
	RYGB (16)	15.967	11.5310	8.640	23.293		
	Total	14.959	9.6864	12.082	17.835		
T6	AGB (11)	20.775	13.9859	9.083	32.467	0.850	0.123
	SG (24)	22.989	7.1876	19.525	26.454		
	RYGB (15)	23.583	14.0307	14.669	32.498		
	Total	22.718	10.8885	19.188	26.248		
T12	AGB (10)	29.529	21.6162	9.537	49.520	0.017	0.211
	SG (22)	45.652	18.9848	37.011	54.294		
	RYGB (16)	54.208	30.2528	34.987	73.430		
	Total	45.398	24.1657	37.669	53.126		
T24	AGB (11)	20.817	17.0762	2.896	38.737	0.048	0.166
	SG (23)	33.520	10.0871	28.799	38.241		
	RYGB (16)	37.518	15.1987	27.308	47.729		
	Total	32.649	13.7611	28.060	37.237		
T36	AGB (10)	17.600	14.0489	7.550	27.650	0.001	0.293
	SG (24)	32.548	10.0986	28.380	36.716		
	RYGB (16)	36.560	13.7326	28.955	44.165		
	Total	30.762	13.6878	26.872	34.652		
T48	AGB (10)	18.486	14.2470	5.309	31.662	0.011	0.955
	SG (23)	34.513	10.3611	28.776	40.251		
	RYGB (15)	34.325	11.5746	26.971	41.679		
	Total	31.147	13.0359	26.599	35.695		
T60	AGB (11)	20.030	15.1703	9.178	30.882	0.011	0.891
	SG (24)	32.340	11.3465	27.656	37.024		
	RYGB (14)	35.129	11.4821	28.499	41.758		
	Total	30.624	13.1933	26.835	34.414		

T72	AGB (11)	18.770	15.8698	7.417	30.123	0.013	0.914
	SG (24)	32.283	11.6406	27.249	37.316		
	RYGB (15)	33.664	11.9931	26.740	40.589		
	Total	29.819	13.7406	25.785	33.854		
T84	AGB (10)	15.356	14.5924	4.139	26.572	0.005	0.553
	SG (25)	32.068	11.9913	26.752	37.385		
	RYGB (15)	33.092	13.5547	24.479	41.704		
	Total	28.856	14.4970	24.394	33.317		
T96	AGB (11)	11.845	14.3637	2.196	21.495	0.000006	0.407
	SG (25)	31.496	11.3162	26.825	36.167		
	RYGB (16)	34.994	14.2068	27.423	42.564		
	Total	28.415	15.4119	24.125	32.706		

AGB: Laparoscopic Adjustable Gastric Banding SG: Sleeve Gastrectomy. RYGB: Roux-en-y Gastric Bypass. The ANOVA test was performed to compare the % weight loss (%WL) of the three different surgeries over the 8 years (*), with Bonferroni procedure as post-hoc analysis to compare SG and RYGB (#)

Table S3. Number of supplements taken by patients according to gender and surgery.

				Number of Supplements Used					Total
				0	1	2	3	4	
F	Surgery	AGB	Count	2	3	2	2	0	9
			% within Surgery	22.2%	33.3%	22.2%	22.2%	0.0%	100.0%
			% within Supplements	25.0%	21.4%	18.2%	25.0%	0.0%	21.4%
			% of Total	4.8%	7.1%	4.8%	4.8%	0.0%	21.4%
		SG	Count	5	3	5	4	0	17
			% within Surgery	29.4%	17.6%	29.4%	23.5%	0.0%	100.0%
			% within Supplements	62.5%	21.4%	45.5%	50.0%	0.0%	40.5%
			% of Total	11.9%	7.1%	11.9%	9.5%	0.0%	40.5%
		RYGB	Count	1	8	4	2	1	16
			% within Surgery	6.3%	50.0%	25.0%	12.5%	6.3%	100.0%
			% within Supplements	12.5%	57.1%	36.4%	25.0%	100.0%	38.1%
			% of Total	2.4%	19.0%	9.5%	4.8%	2.4%	38.1%
	Total		Count	8	14	11	8	1	42
			% within Surgery	19.0%	33.3%	26.2%	19.0%	2.4%	100.0%
			% within Supplements	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
			% of Total	19.0%	33.3%	26.2%	19.0%	2.4%	100.0%
M	Surgery	AGB	Count	1	1	0	0	0	2

Total		% within Surgery	50.0%	50.0%	0.0%	0.0%	0.0%	100.0%
		% within Supplements	25.0%	50.0%	0.0%	0.0%	0.0%	20.0%
		% of Total	10.0%	10.0%	0.0%	0.0%	0.0%	20.0%
		Count	3	1	2	1	1	8
	SG	% within Surgery	37.5%	12.5%	25.0%	12.5%	12.5%	100.0%
		% within Supplements	75.0%	50.0%	100.0%	100.0%	100.0%	80.0%
		% of Total	30.0%	10.0%	20.0%	10.0%	10.0%	80.0%
	Total	Count	4	2	2	1	1	10
		% within Surgery	40.0%	20.0%	20.0%	10.0%	10.0%	100.0%
		% within Supplements	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
		% of Total	40.0%	20.0%	20.0%	10.0%	10.0%	100.0%
	AGB	Count	3	4	2	2	0	11
		% within Surgery	27.3%	36.4%	18.2%	18.2%	0.0%	100.0%
		% within Supplements	25.0%	25.0%	15.4%	22.2%	0.0%	21.2%
		% of Total	5.8%	7.7%	3.8%	3.8%	0.0%	21.2%
	Surgery	Count	8	4	7	5	1	25
		% within Surgery	32.0%	16.0%	28.0%	20.0%	4.0%	100.0%
		% within Supplements	66.7%	25.0%	53.8%	55.6%	50.0%	48.1%
		% of Total	15.4%	7.7%	13.5%	9.6%	1.9%	48.1%
Total	RYGB	Count	1	8	4	2	1	16
		% within Surgery	6.3%	50.0%	25.0%	12.5%	6.3%	100.0%
		% within Supplements	8.3%	50.0%	30.8%	22.2%	50.0%	30.8%
		% of Total	1.9%	15.4%	7.7%	3.8%	1.9%	30.8%
	Total	Count	12	16	13	9	2	52
		% within Surgery	23.1%	30.8%	25.0%	17.3%	3.8%	100.0%
		% within Supplements	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
		% of Total	23.1%	30.8%	25.0%	17.3%	3.8%	100.0%

AGB: Laparoscopic Adjustable Gastric Banding. SG: Sleeve Gastrectomy. RYGB: Roux-en-y Gastric Bypass. Patients were considered to take the specified supplement if they reported taking that supplement at least 5 days per week. Pearson Chi-Square Test $p - F = 0.503$; $M = 0.701$; Total = 0.434