

Prescription Drug Depletion Chart

“Are You Sure... you’re protecting yourself when taking medications?”

Drug category and members (brand name in parenthesis)	Nutrients Depleted
Ephalosporin antibiotics: <i>Cefprozil (Cefzil), Cefuroxime (Ceftin), Loracarbef (Lorabid)</i> Macrolide antibiotics: <i>Azithromycin (Zithromax), Clarithromycin (Biaxin), Erythromycin</i> Penicillin antibiotics: <i>Amoxicillin, Penicillin V Potassium</i> Quinolone antibiotics: <i>Ciprofloxacin (Cipro), Gatifloxacin (Tequin), Levofloxacin (Levaquin), Lomefloxacin (Maxaquin), Moxifloxacin (Avelox), Norfloxacin (Noroxin), Ofloxacin (Floxin), Sparfloxacin (Zagam), Trofloxacin (Trovan)</i> Sulfa Drug antibiotics: <i>sulfamethoxazole-trimethoprim (Bactrim, Septra)</i>	Vitamins B1, B2, B6, Friendly intestinal bacteria, Folic Acid, Niacin, B12, Vitamin K, Biotin, Inositol
Tetracycline antibiotics: <i>Doxycycline (Doryx, Periostat, Vibramycin), Minocycline (Minocin), Tetracycline (Achromycin, Sumycin)</i>	All The Above Plus: Vitamin C, Calcium, Iron, Magnesium, Zinc
SSRI Antidepressants: <i>Fluoxetine (Prozac)</i>	Melatonin
Tricyclic Antidepressants: <i>Amitriptyline (Elavil), Amoxapine (Asendin), Clomipramine (Anafranil), Desipramine, (Norpramin), Doxepin (Sinequan), Imipramine (Tofranil), Nortriptyline (Aventyl, Pamelor), Protriptyline (Vivactil),</i>	Coenzyme Q10, Vitamin B2
Corticosteroid drugs for inflammation: <i>Beclomethasone (Becloment, Vancenase, Vanceril), Budesonide (Pulmicort, Rhinocort), Dexamethasone (Decadron), Fluticasone (Flonase, Flovent), Hydrocortisone (Cortef), Mometasone (Nasonex), Prednisone (Deltasone, Meticorten), Triamcinolone (Azmacort, Nasacort)</i>	Calcium, Magnesium, Potassium, Selenium, Zinc, Beta-Carotene, B6, Folic Acid, B12, C, D, DHEA, Melatonin, Protein and Amino Acids,
NSAID drugs for inflammation: <i>Celecoxib (Celebrex), Diclofenac (Voltaren), Diflunisal (Dolobid), Etodolac (Lodine), Fenoprofen (Nalfon), Ibuprofen (Advil, Motrin, Nuprin), Indomethacin (Indocin), Naproxen (Aleve, Anaprox, Naprosyn), Oxaprozin (Daypro), Piroxicam (Feldene), Sulindac (Clinoril), Tolmetin (Tolectin)</i>	Folic Acid Iron, Melatonin, Zinc
Antiretroviral medication: <i>Ribavirin, Zidovudine (Retrovir)</i>	Copper and Zinc
Asthma Medication: <i>Albuterol (Proventil, Ventolin)</i>	Potassium
Birth Control medication: <i>Numerous combinations of female hormones</i>	Magnesium, Vitamin B2, Vitamin B6, Folic Acid
Biguanides for diabetes: <i>Metformin (Glucophage)</i>	Vitamin B12, Folic Acid
Sulfonylurea for diabetes: <i>Acetohexamide (Dymelor), Chlorpropamide (Diabinese), Glimepiride (Amaryl), Glipizide (Glucotrol), Glyburide (Micronase, Glynase, Diabeta), Tolazamide (Tolinase), Tolbutamide (Orinase)</i>	Coenzyme Q10
ACE Inhibiting medication for high blood pressure: <i>Benazepril (Lotensin), Captopril (Capoten), Enalapril (Vasotec), Fosinopril (Monopril), Lisinopril (Prinivil, Zestril), Moexipril (Univasc), Quinapril (Accupril), Ramipril (Altace), Trandolapril (Mavik)</i> Special note; ACE Inhibitors can cause an increase in the level of the mineral Potassium	Zinc
Alpha2-adrenergic agonist medication for high blood pressure: <i>Clonidine (Catapres)</i>	Coenzyme Q10
Angiotensin II Receptor Antagonist medication for high blood pressure: <i>Candesartan (Atacand), Irbesartan (Avapro), Losartan (Cozaar), Olmesartan (Benicar), Telmisartan (Micardis), Valsartan (Diovan)</i>	Calcium, Magnesium, Zinc, Phosphorus, Coenzyme Q10
Beta Blocker medication for high blood pressure: <i>Acebutolol (Sectral), Atenolol (Tenormin), Betaxolol (Kerlone), Bisoprolol (Zebeta), Carvedilol (Coreg), Metoprolol (Lopressor, Toprol), Nadolol (Corgard), Propranolol (Inderal)</i> Special note; Beta-Blocker drugs frequently cause a decrease in the level of protective HDL-cholesterol; although the drugs do not deplete Chromium, taking this mineral may offset the drop in HDL; 200mcg of Chromium Picolinate is a suggested dosage.	Coenzyme Q10, Melatonin
Vasodilating medication for high blood pressure: <i>Hydralazine (Apresoline)</i>	Coenzyme Q10, Magnesium, Vitamin B6
Cardiac Glycoside medication for heart failure: <i>Digoxin (Lanoxin, Lanoxicaps)</i> Special note; although Digoxin does not deplete the mineral Potassium, if you are low in Potassium while on this drug there is an increased risk of drug toxicity	Magnesium, Vitamin B1, Calcium, phosphorus
Bile Acid Sequestrants cholesterol lowering medication: <i>Cholestyramine (Questran), Colestipol (Colestid)</i>	Beta-Carotene, Iron, Folic Acid, Vitamins B12, D, E, K

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Statin cholesterol lowering medication: <i>Atorvastatin (Lipitor), Fluvastatin (Lescol), Lovastatin (Mevacor), Pravastatin (Pravachol), Simvastatin (Zocor)</i>	Coenzyme Q10
Fibric Acid cholesterol lowering medication: <i>Gemfibrozil (Lopid)</i>	Coenzyme Q10, Vitamin E
Loop diuretics: Bumetanide (Bumex), Ethacrynic Acid, Furosemide (Lasix)	Calcium, Magnesium, Phosphorus, Potassium, B1, B6, C
Potassium sparing diuretics: <i>Amiloride (Midamor), Spironolactone (Aldactone), Triamterene (Dyrenium)</i>	Calcium, Folic Acid
Thiazide diuretics: <i>Chlorothiazide (Diuril), Hydrochlorothiazide (Esidrix, Hydrodiuril, Oretic), Methyclothiazide (Aquatansen, Enduron), Metolazone (Zaroxolyn)</i>	Potassium, Zinc, Coenzyme Q10, Magnesium
Bisphosphonate bone building medication: <i>Alendronate (Fosamax)</i>	Calcium, Magnesium, Phosphorus
Histamine H2 antagonist ulcer medication: <i>Cimetidine (Tagamet), Famotidine (Pepcid), Nizatidine (Axid)</i>	Calcium, Folic Acid, Iron, Zinc, Vitamins B12, D
Proton Pump inhibiting ulcer medication: <i>Lansoprazole (Prevacid), Omeprazole (Prilosec), Esomeprazole (Nexium), Pantoprazole (Protonix)</i>	Calcium, Iron, Zinc, Folic Acid, Vitamins B1, B12
Pain Relieving Medication Opiate Analgesics: <i>Hydrocodone with APAP or acetaminophen</i>	Folic Acid, Iron, Potassium, Vitamin C, Glutathione

Information resources: University of Maryland Medical Center Complementary and Alternative Medicine Index, Drug-Herb-Vitamin Interactions Bible; Prima Publishing, The Side Effects Bible; Broadway Books, A-Z Guide to Drug-Herb-Vitamin Interactions; Prima Health, Herb Contraindications and Drug Interactions; Eclectic Medical Publications, Drug-Induced Nutrient Depletion Handbook; Lexi-Comp, TauMed Beta, PubMed Journals