



# Drug Induced Nutrient Depletion

## Drug Induced Nutrient Depletion Chart

Type of Drug	Name Brand Examples	Nutrients Depleted
<b>ANTACIDS</b>	Pepcid, Tagamet, Zantac	B-12, Folic Acid, Vitamin D, Calcium, Iron, Zinc
	Prevacid, Prilosec	Vitamin B-12
<b>ANTIBIOTICS</b>	Aminoglycosides (Gentamicin, Neomycin, Streptomycin), Cephalosporins, Penicillins	B vitamins, Friendly Intestinal Flora
	Tetracyclines	Calcium, Zinc, Magnesium, Iron, B6, Zinc
<b>ANTI-DIABETIC DRUGS</b>	Micronase, Tolinase	Co-Q10
	Metformin	Co-Q10, Vitamin B-12, Folic Acid
<b>ANTI-DEPRESSANTS</b>	Adapin, Aventyl, Elavil, Tofranil, Pamelor, Sinequan, Norpramin	Vitamin B-12, Co-Q10
<b>ANTI-INFLAMMATORIES</b>	Aspirin, Salicylates	C, Folic Acid, Iron, Potassium
	Advil, Aleve, Anaprox, Dolobid, Feldene, Lodine, Motrin, Naprosyn, Orudis, Relafen	Folic Acid
	Betamethasone, Cortisone, Dexamethasone, Hydrocortisone, Methylprednisolone, Prednisone	C, D, Folic Acid, Calcium, Magnesium, Potassium, Selenium, Zinc
<b>CARDIOVASCULAR DRUGS</b>	Apresoline	Vitamin B6, Co-Q10
	Catapres, Aldomet	Co-Q10
	Corgard, Inderal, Lopressor, Betapace, Tenormin, Sectral	Co-Q10, Melatonin
<b>DIURETICS</b>	Lasix, Bumex, Edecrin	B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium
	Enduron, Diuril, Lozol, Zaroxilyn, Hygroton	Magnesium, Potassium, Zinc, Co-Q10, Sodium
<b>CHOLESTEROL LOWERING AGENTS (STATINS)</b>	Lescol, Lipitor, Mevacor, Zocor, Pravachol, Crestor	Co-Q10
	Colestid, Questran	A, B-12, D, E, Folic Acid, Iron
<b>ULCER MEDICATIONS</b>	Tagamet, Pepcid, Zantac	B-12, D, Folic Acid, Calcium, Iron, Zinc, Protein
	Prevacid, Prilosec	B-12, Protein
<b>HRT-HORMONE REPLACEMENT THERAPY</b>	Evista, Prempro, Premarin, Estratab	B2, B6, B-12, C, Folic Acid, Magnesium, Zinc
<b>ORAL CONTRACEPTIVES</b>	Norinyl, Ortho-Novum, Triphasil, etc	B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium