

Drug-Induced Nutrient Depletion

Compensate Nutrient Depletion

Whether you occasionally take a pharmaceutical like an antibiotic, or count on a drug long term such as a cholesterol health lowering statin, your need for specific nutrients increases. You must be aware that many prescriptions, as well as commonly used over-the-counter drugs, cause potentially serious nutrient depletions. For your convenience, we have devised a Drug-Induced Nutrient Depletion Chart with a list of drugs and non-prescription medications and the nutrients they deplete. This in turn will give you an idea of the nutrients your body needs. Our Staff is always willing to help you find ways to counteract these depletions, just ask.

DRUG	INDICATION FOR USAGE	NUTRIENTS DEPLETED
Opiate hydrocodone/acetaminophen	Narcotic for pain relief	Folic Acid, Vitamin C, Iron, Potassium
Statin Drugs Lipitor, Crestor, Lescol, Pravachol, Zocor, Mevacor	Lowering Cholesterol	Coenzyme Q10
ACE Inhibitor Lisinopril, Altace, Accupril, Capoten, Prinivil, Zestril, Vasotec	High Blood Pressure	Zinc
Thiazide Diuretic Hydrochlorothiazide	High Blood Pressure	Vitamin D, Calcium Magnesium, Phosphorus, Potassium, Zinc, Coenzyme Q10
Beta Blocking Drugs Atenolol, Corgard, Lopressor, Tenormin, Toprol XL, Metoprolol	High Blood Pressure	Coenzyme Q10, Chromium, Melatonin
Loop Diuretic Furosemide, Lasix, Ethacrynic acid, Edecrin, Bumex,	High Blood Pressure, Heart Failure	B1, B6, Vitamin C, Calcium Magnesium, Phosphorus, Potassium, Zinc

<p>Proton Pump inhibitor</p> <p>Omeprazole, Prilosec, Prevacid, Nexium, Protonix, Aciphex</p>	<p>GERD, severe gastric ulceration</p>	<p>Beta-carotene, B1, B12, Folic Acid, Calcium, Zinc</p>
<p>Biguanide</p> <p>Metformin, Glucophage</p>	<p>Diabetes, Pre-diabetes</p>	<p>Folic Acid, B12</p>
<p>Bisphosphonate</p> <p>Fosamax, Actonel, Boniva, Didronel, Skelid</p>	<p>Osteoporosis</p>	<p>Calcium Magnesium, Phosphorus</p>
<p>Corticosteriod</p> <p>Flonase, Beclovent, Beconase, QVar, Vancenase, Vanceril</p>	<p>Asthma, Allergic Rhinitis</p>	<p>Beta-Carotene, B6, Folic Acid, Vitamin C, Vitamin D, Calcium Magnesium, Potassium, Selenium, Zinc, Melatonin</p>
<p>Fluoroquinolone Antibiotic</p> <p>Levaquin, Avelox, Cipro, Floxin, Noroxin, Penetrex, Trovan</p>	<p>Bacterial Infection</p>	<p>Biotin, B1, B2, B3, B6, B12, Zinc, Healthy intestinal bacteria</p>
<p>Conjugated Estrogen</p> <p>Premarin Hormone replacement therapy, birth control pills</p>	<p>Hormone Replacement Therapy</p>	<p>B6, Vitamin D, Calcium Magnesium, Zinc, Folic Acid, B12</p>
<p>Beta-2 Adrenergic Receptor Agonist</p> <p>albuterol aerosol Brethine, Proventil, Tornalate, Ventolin, Xopenex</p>	<p>Asthma, COPD</p>	<p>Potassium, and possibly Calcium Magnesium, Phosphorus</p>
<p>Corticosteroid</p> <p>Prednisone, Deltasone, Celestone, Cortisone, Cortef, Cortone, Dexamethasone, Decadron,</p>	<p>Severe Inflammation, Autoimmune Disease, Immune System Suppression</p>	<p>Beta-Carotene, B6, Folic Acid, Vitamin C, Vitamin D, Calcium Magnesium, Potassium, Selenium, Zinc</p>

Hydrocortone, Medrol, Methylprednisolone		
Calcium Channel Blocking Drugs <ul style="list-style-type: none"> • amlodipine (Norvasc) • felodipine (Plendil) • nifedipine (Procardia, Adalat) • nimodipine (Nimotop) • nisoldipine (Sular) 	High Blood Pressure	Vitamin D
Sulfonylurea glyburide, glipizide, glimepiride, Amaryl, Diabeta, Glucotrol, Glynase, Micronase	Diabetes	Coenzyme Q10
Cardiac Glycoside Digoxin, Digitek, Lanoxin, Lanoxicaps	Heart Failure, Arrhythmias	Calcium Magnesium, Phosphorus, Potassium, B1
Penicillin Antibiotic Amoxicillin, Amoxil, Trimox, Penicillin	Infection	Healthy Intestinal Bacteria, B1, B2, B3, B6, B12, Vitamin k, Folic Acid, Biotin, Inositol
Macrolide Antibiotics Erythromycin, Azithromycin, Biaxin, Zithromax	Infection	Healthy Intestinal Bacteria, B1, B2, B3, B6, B12, vitamin K, Folic Acid, Biotin, Inositol
Tricyclic Antidepressants amitriptyline, clomipramine, doxepin imipramine, Anafranil, Asendin, Elavil, Tofranil, Vivactil	Depression	Coenzyme Q10, B2, Sodium
Potassium Sparing Diuretics amiloride, spironolactone, triamterene, Aldactone, Dyazide, Dyrenium, Maxzide	Heart Failure, High Blood Pressure	Calcium Magnesium, Phosphorus Watch for a high Potassium level

OTC (non-prescription medication)		
NSAID Ibuprofen, naproxen and other Arthritis drugs	Inflammation, Pain	Folic Acid
Aspirin	Pain, Inflammation, Fever (adults)	Folic Acid, Vitamin C, Iron, Potassium, Zinc
Acetaminophen Tylenol	Pain, Fever	Coenzyme Q10, Glutathione
Antacids Amphojel, Basaljel, Aluminum Hydroxide plus Magnesium, Gaviscon, Gelusil, Maalox, Mylanta	Gastritis, GERD	Beta-Carotene, Folic Acid, Vitamin D, Calcium Magnesium, Chromium, Iron, Zinc, Phosphorus
Laxatives with Bisacodyl Carter's Little Pills, Correctol, Dulcolax, Feen-a-Mint, PMS-Bisacodyl	Constipation	Calcium, Potassium
H2 Inhibitors Famotidine, Pepcid, Tagamet, Zantac	Ulcer, GERD	Folic Acid, B1, B12, Vitamin D, Calcium, Iron, Zinc

Please note: Beta-Carotene represents Vitamin A depletion

Related drugs are listed because in many cases there is a similar depletion profile

*The statements herein have not been evaluated by the Food and Drug Administration. These products are not intended to treat, diagnose, cure, or prevent any diseases.