

DRUG-INDUCED NUTRIENT DEPLETION

Your Pharmacist's Responsibility

DEPLETING DRUGS	DEPLETED NUTRIENT	RECOMMENDED SUPPLEMENTS
Female Hormones • Anti-Inflammatories Antibiotics	B Vitamins (B1, B2, B3, B6)	CoEnzyme-B • Vitamin B-Complex 100 mg Long-Acting Formula
Female Hormones • Anti-Ulcer & GERD Drugs Anti-Diabetic Drugs • Aspirin • Stomach Acid Drugs	Vitamin B-12	Methylcobalamin B-12 Spray Methyl B-12 Lozenges
Anti-Ulcer Drugs • Anti-Hypertensives Anti-Inflammatories • Stomach Acid Drugs	Calcium	Calcium & Magnesium Plus Calcium & Magnesium Citrates
Female Hormones • Beta Blockers Cholesterol-Lowering Drugs • Anti-Diabetic Drugs Anti-Hypertensives	Coenzyme Q-10	CoEnzyme Q10 100 mg • Ubiquinol CoQH 100 mg Note: 100 mg/day/per depleting drug used
Anti-Ulcer & GERD Drugs • Anti-Convulsants Stomach Acid Drugs	Vitamin D (40-75% of individuals are deficient in vitamin D)	Vitamin D3 1000 IU • Vitamin D 5000 IU Vitamin D3 Drops 2000 IU
Female Hormones • Anti-Ulcer & GERD Drugs Anti-Diabetic Drugs • Anti- Inflammatories Stomach Acid Drugs • Antibiotics	Folic Acid	Folic Acid 800 mcg with Vitamin B-12 5-MTHF 1 mg
Antibiotics • Anti-Convulsants Anti-Hypertensives • Anti-Inflammatories	Vitamin K	Vitamin K2 Vitamin D3 & K2 Emulsion
Female Hormones • Anti-Hypertensives Lanoxin • Benzodiazepines	Magnesium (68-80% of individuals are deficient in magnesium)	Magnesium Glycinate Powder 1000 mg Magnesium Chelate 400 mg Magnesium & Potassium Aspartate
Benzodiazepines • Beta Blockers	Melatonin	Melatonin Liposomal Spray • Melatonin 3 mg Long Acting • Melatonin 3 mg with Vitamin B-6
Antibiotics	Gut Flora (70% of immunity is in the gut)	Extra Strength Probiotic • FOS Powder
Female Hormones • Anti-Hypertensives Anti-Ulcer & GERD Drugs	Zinc (Essential for insulin, wound healing, and taste)	Zinc 20 mg • Zinc Lozenges

Drug-induced nutrient depletion occurs when the medications we take for our various health issues block the absorption, storage, metabolism, or synthesis of essential nutrients in the body. When nutrients are blocked or depleted over time, health problems can develop secondary to those depletions. Many of the most popular medications prescribed today can create these drug-induced nutrient depletions.

What can be done about this problem? Your pharmacist is specially trained to recommend supplements that will help offset drug-induced nutrient depletions and their resultant health problems. It is important that you share with your pharmacist all of the medications you are taking – both prescription and over-the-counter. Are you using any of the above medications?



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