**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.

| **DRUG** | **INDICATION FOR USAGE** | **NUTRIENTS DEPLETED** |
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| **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 |
| **Proton Pump inhibitor** Omeprazole, Prilosec, Prevacid, Nexium, Protonix, Aciphex | GERD, severe gastric ulceration | Beta-carotene, B1, [B12](https://www.invitehealth.com/vitamin-b12-500-mcg/brain-vitamins/), Folic Acid, Calcium, Zinc |
| **Biguanide** Metformin, Glucophage | Diabetes, Pre-diabetes | Folic Acid, B12 |
| **Bisphosphonate** Fosamax, Actonel, Boniva, Didronel, Skelid | Osteoporosis | Calcium Magnesium, Phosphorus |
| **Corticosteriod** Flonase, Beclovent, Beconase, QVar, Vancenase, Vanceril | Asthma, Allergic Rhinitis | Beta-Carotene, B6, Folic Acid, Vitamin C, Vitamin D, Calcium Magnesium, Potassium,  Selenium, Zinc, Melatonin |
| **Fluoroquinolone Antibiotic** Levaquin, Avelox, Cipro, Floxin, Noroxin, Penetrex, Trovan | Bacterial Infection | Biotin, B1, B2, B3, B6, B12, Zinc, Healthy intestinal  bacteria |
| **Conjugated Estrogen** Premarin Hormone replacement therapy, birth control pills | Hormone Replacement Therapy | B6, Vitamin D, Calcium Magnesium, Zinc, Folic Acid, B12 |
| **Beta-2 Adrenergic Receptor Agonist** albuterol aerosol Brethine, Proventil, Tornalate, Ventolin, Xopenex | Asthma, COPD | Potassium, and possibly Calcium Magnesium,  Phosphorus |
| **Corticosteroid** Prednisone, Deltasone, Celestone, Cortisone, Cortef, Cortone, Dexamethasone, Decadron, Hydrocortone, Medrol, Methylprednisolone | Severe Inflammation, Autoimmune Disease, Immune System Suppression | Beta-Carotene, B6, Folic Acid, Vitamin C, Vitamin D, Calcium Magnesium,  Potassium, Selenium, Zinc |
| **Calcium Channel Blocking Drugs** • 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. This information is not intended to treat, diagnose, cure, or prevent any diseases.