

Drug Induced Nutrient Depletion Chart

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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, Folic Acid, Calcium, Zinc |
| Biguanide Metformin, Glucophage | Diabetes, Pre-diabetes | Folic Acid, B12 |
| Bisphosphonate Fosamax, Actonel, Boniva, Didronel, Skelid | Osteoporosis | Calcium Magnesium, Phosphorus |
| Corticosteriod (inhaler) 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 Immune System Suppression | Beta-Carotene, B6, Folic Acid, Vitamin C, Vitamin D, Calcium Magnesium, Potassium, Selenium, Zinc |
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| Calcium Channel Blocking Drugs amlodipine (Norvasc) felodipine (Plendil), nisoldipine (Sular) nifedipine (Procardia, Adalat) nimodipine (Nimotop) | 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 |
| Reference: Drug-Induced Nutrient Depletion Handbook – March, 2001 by Ross Pelton, James B. LaValle, Ernest B. Hawkins | | *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 |