

# NUTRIENT DEPLETION

From *Drug-Induced Nutrient Depletion Handbook*, 2<sup>nd</sup> Edition.

Type of Drug	Name Brand Examples	Nutrients Depleted
<b>Antacids</b>	Pepcid, Tagamet, Zantac Prevacid, Prilosec	Vitamin B12, Folate, Vitamin D, Calcium, Iron, Zinc
<b>Antibiotics</b>	General aminoglycosides (gentamycin, neomycin, streptomycin), cephalosporin, penicillin  Tetracyclines	B Vitamins, Vitamin K, Friendly beneficial intestinal bacteria  Calcium, Zinc, Magnesium, Iron, Vitamin B6, Zinc
<b>Anti-Diabetic Drugs</b>	Micronase, Tolinase  Glucophage	Coenzyme Q10  Coenzyme Q10, Vitamin B12, Folate
<b>Antidepressants</b>	Adapin, Aventyl, Elavil, Tofranil, Pamelor, Sinequan, Norpramin	Vitamin B12, Coenzyme Q10
<b>Antiinflammatory Drugs</b>	Asprin & Salicylates  Advil, Aleve, Anaprox, Dolobid, Feldene, Lodine, Motrin, Naprosyn, Orudis, Relafen  Betamethasone, Cortisone, Dexamethasone, Hydrocortisone, Methylprednisolone, Prednisone	Vitamin C, Folate, Iron, Potassium  Folate  Vitamin C, Vitamin D, Folate, Calcium, Magnesium, Potassium, Selenium, Zinc
<b>Cardiovascular Drugs</b>	Apresoline  Catapres, Aldomet  Corgard, Inderal, Lopressor, Betapace, Tenormin, Sectral, Blocadren	Vitamin B6, Coenzyme Q10  Coenzyme Q10  Coenzyme Q10, Melatonin
<b>Diuretics</b>	Lasix, Bumex, Edecrin  Enduron, Diuril, Lozol, Zaroxolyn, Hygroton	Vitamins B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium  Magnesium, Potassium, Zinc, Coenzyme Q10, Sodium

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<b>Cholesterol-Lowering Agents (Statins)</b>	Lescol, Lipitor, Mevacor, Zocor, Pravachol, Crestor  Colestid, Questran	Coenzyme Q10  Vitamins A, B12, D, E, K, Beta-Carotene, Folate, Iron
<b>Ulcer Medications</b>	Tagamet, Pepsid, Zantac  Prevacid, Prilosec	Vitamins B12, D, Folate, Calcium, Iron, Zinc, Protein  Vitamin B12, Protein
<b>HRT (Hormone Replacement Therapy)</b>	Evista, Prempro, Premarin, Estratab	Vitamins B2, B6, B12, C, Folate, Magnesium, Zinc
<b>Oral Contraceptives</b>	Norinyl, Ortho-Novum, Triphasil, etc.	Vitamins B2, B3, B6, B12, C, Folate, Magnesium, Selenium, Zinc