

Drug Induced Nutrient Depletion Chart

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
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
Corticosteroid Flonase, Becloment, 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, Tormalate, 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	Vitamin D
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