

Prescription Drugs that Deplete Your Nutritional Status

Source: Drug-Induced Nutrient Depletion Handbook, 2nd Edition

TYPE OF DRUG	NAME BRAND EXAMPLES	NUTRIENTS DEPLETED
Antacids & Ulcer Medications	Pepcid, Tagamet, Zantac	Vitamin B12, Vitamin D, Folic Acid (B9), Calcium, Iron, Zinc, Protein
Antacids & Ulcer Medications	Prevacid, Prilosec	Vitamin B12, Protein
Antibiotics	General Aminoglycosides (gentomycin, neomycin, streptomycin), Cephalosporins, Penicillins	B Vitamins, Vitamin K, Friendly Beneficial Intestinal Bacteria
Antibiotics	Tetracyclines	Calcium, Zinc, Magnesium, Iron, Vitamin B6, Zinc
Anti-Diabetic Drugs	Micronase, Tolinase	Coenzyme Q10
Anti-Diabetic Drugs	Glucophage	Coenzyme Q10, Vitamin B12, Folic Acid (B9)
Anti-Depressants	Adapin, Aventyl, Elavil, Tofranil, Pamelor, Sinequan, Norpramin	Vitamin B12, Coenzyme Q10
Anti-Inflammatories	Aspirin & Salicylates	Vitamin C, Folic Acid (B9), Iron, Potassium
Anti-Inflammatories	Advil, Aleve, Anaprox, Dolobid, Feldene, Lodine, Motrin, Naprosyn, Orudis, Relafen	Folic Acid (B9)
Anti-Inflammatories	Betamethasone, Cortisone, Dexamethasone, Hydrocortisone, Methylprednisolone, Prednisone	Vitamin C, Vitamin D, Folic Acid (B9), Calcium, Magnesium, Potassium, Selenium, Zinc
Cardiovascular Drugs	Apresoline	Vitamin B6, Coenzyme Q10
Cardiovascular Drugs	Catapres, Aldomet	Coenzyme Q10
Cardiovascular Drugs	Corgard, Inderal, Lopressor, Betapace, Tenormin, Sectral, Blocardren	Coenzyme Q10, Melatonin
Diuretics	Lasix, Bumex, Edecrin	Vitamin B1, Vitamin B6, Vitamin C, Magnesium, Calcium, Potassium, Zinc, Sodium
Diuretics	Enduron, Diuril, Lozol, Zaroxolyn, Hygroton	Magnesium, Potassium, Zinc, Coenzyme Q10, Sodium
Cholesterol Lowering Agents (Statins)	Lescol, Lipitor, Mevacor, Zocor, Pravachol, Crestor	Coenzyme Q10
Cholesterol Lowering Agents (Statins)	Colestid, Questran	Vitamin A, Vitamin B12, Vitamin D, Vitamin E, Vitamin K, Beta-Carotene, Folic Acid (B9), Iron
HRT – Hormone Replacement Therapy	Evista, Prempro, Premarin, Estratab	Vitamin B2, Vitamin B6, Vitamin B12, Vitamin C, Folic Acid (B9), Magnesium, Zinc
Oral Contraceptives	Norinyl, Ortho-Novum, Triphasil, etc.	Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Vitamin C, Folic Acid (B9), Magnesium, Selenium, Zinc

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