



ARE THE PRESCRIPTIONS YOU'RE TAKING DEPLETING YOUR NUTRITIONAL STATUS?

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

DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH ISSUES
Antacids/Ulcer Medications		
<ul style="list-style-type: none"> - Pepcid, Tagamet, Zantac, Prevacid, Prilosec, Magnesium & Aluminum antacids 	<ul style="list-style-type: none"> - Vitamin B12 - Folic Acid - Vitamin D - Calcium - Iron - Zinc 	<ul style="list-style-type: none"> - Anemia, depression, tiredness, Weakness, increased cardiovascular risk - Birth defects, cervical dysplasia, anemia, heart disease, cancer risk - Osteoporosis, muscle weakness, hearing loss - Osteoporosis, heart and blood pressure irregularities, tooth decay - Anemia, weakness, fatigue, hair loss, brittle nails - Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
Anti-Inflammatories		
<ul style="list-style-type: none"> - Steroids: Prednisone, Medrol, Aristocort, Decadron 	<ul style="list-style-type: none"> - Calcium - Vitamin D - Magnesium - Zinc - Vitamin C - Vitamin B6 - Vitamin B12 - Folic Acid - Selenium - Chromium 	<ul style="list-style-type: none"> - Osteoporosis, heart and blood pressure irregularities, tooth decay - Osteoporosis, muscle weakness, hearing loss - Cardiovascular problems, asthma, osteoporosis, cramps, PMS - Weak immunity, wound healing, sense of smell/taste, sexual dysfunction - Lower immunity, easy bruising, poor wound healing - Depression, sleep disturbances, increased cardiovascular disease risk - Anemia, depression, tiredness, weakness, increased cardiovascular risk - Birth defects, cervical dysplasia, anemia, cardiovascular disease - Lower immunity, reduced antioxidant protection - Elevated blood sugar, cholesterol & triglycerides, diabetes risk
<ul style="list-style-type: none"> - NSAIDS (Motrin, Aleve, Advil, Anaprox, Doobid, Feldene, Naprosyn, and others) 	<ul style="list-style-type: none"> - Folic Acid 	<ul style="list-style-type: none"> - Birth Defects, cervical dysplasia, anemia, cardiovascular disease
<ul style="list-style-type: none"> - Aspirin & Salicylates 	<ul style="list-style-type: none"> - Vitamin C - Calcium - Folic acid - Iron - Vitamin B5 	<ul style="list-style-type: none"> - Lower immune system, easy bruising, poor wound healing - Osteoporosis, heart & blood pressure irregularities, tooth decay - Birth defects, cervical dysplasia, anemia, cardiovascular disease - Fatigue, listlessness, and possible problems with skin, liver and nerves

Cholesterol Drugs		
– Lipitor, Crestor, Zocor, and others	– Coenzyme Q10	– Various cardiovascular problems, weak immune system, low energy, possible memory loss
Anti-Depressants		
– Adapin, Aventyl, Elavil, Pamelor, and others	– Coenzyme Q10 – Vitamin B12	– Various cardiovascular problems, weak immune system, low energy – Problems with skin, eyes, mucous membranes and nerves
Diuretics		
– Loop Diuretics (Lasix, Bumex, Edecrin) Thiazide Diuretics (HCTZ, Enduron, Diuril, Lozol, Zaroxolyn, Hygroton and others)	– Calcium – Magnesium – Vitamin B1 – Vitamin B6 – Vitamin C – Zinc – Coenzyme Q10 – Potassium – Sodium	– Osteoporosis, heart and blood pressure irregularities, tooth decay – Cardiovascular problems, asthma, osteoporosis, cramps, PMS – Depression, irritability, memory loss, muscle weakness, edema – Depression, sleep disturbances, increased heart disease risk – Lowered immunity, easy bruising, poor wound healing – Weak immunity, wound healing, sense of smell/taste, sexual dysfunction – Various cardiovascular problems, weak immune system, low energy – Irregular heartbeat, muscle weakness, fatigue, edema – Muscle weakness, dehydration, memory problems, loss of appetite
- Potassium Sparing Diuretics	– Calcium – Folic Acid – Zinc	- Osteoporosis, heart & blood pressure irregularities, tooth decay - Birth defects, cervical dysplasia, anemia, cardiovascular disease - Weak immunity, wound healing, sense of smell/taste, sexual dysfunction

Antibiotics		
<ul style="list-style-type: none"> - Gentamycin, neomycin, streptomycin, cephalosporins, pencillins - Tetracyclines 	<ul style="list-style-type: none"> - B Vitamins - Vitamin K - Calcium - Magnesium - Iron - Vitamin B6 - Zinc 	<ul style="list-style-type: none"> - Short term depletion effects are minimal, but failure to re-innoculate the GI tract with beneficial bacteria (probiotics) often results in dysbiosis which causes gas, bloating, decreases digestion and absorption of nutrients, and may also lead to a variety of other health problems - Osteoporosis, heart & blood pressure irregularities, tooth decay - Cardiovascular problems, asthma, osteoporosis, cramps, PMS - Slow wound healing, fatigue, anemia - Depression, sleep disturbances, increased heart disease risk - Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
Cardiovascular Drugs		
<ul style="list-style-type: none"> - Antihypertensives (Catapres, Aldomet) - ACE Inhibitors (Capoten, Vasotec, Monopril & others) - Beta Blockers (Inderal, Corgard, Lopressor and others) 	<ul style="list-style-type: none"> - Coenzyme Q10 - Vitamin B6 - Zinc - Vitamin B1 - Zinc - Coenzyme Q10 	<ul style="list-style-type: none"> - Various cardiovascular problems, weak immune system, low energy - Depression, sleep disturbances, increased cardiovascular disease risk - Weak immunity, wound healing, sense of smell/taste, sexual dysfunction - Depression, irritability, memory loss, muscle weakness, edema - Weak immunity, wound healing, sense of smell/taste, sexual dysfunction - Various cardiovascular problems, weak immune system, low energy
Anticonvulsants		
<ul style="list-style-type: none"> - Phenobarbital & barbituates 	<ul style="list-style-type: none"> - Vitamin D - Calcium - Folic Acid 	<ul style="list-style-type: none"> - Osteoporosis, muscle weakness, hearing loss - Osteoporosis, heart & blood pressure irregularities, tooth decay - Birth defects, cervical dysplasia, anemia, cardiovascular disease

<ul style="list-style-type: none"> - Dilantin, Tegretol, Mysoline, Depakane/Depacon 	<ul style="list-style-type: none"> - Biotin - Carnitine - Vitamin B12 - Vitamin B1 - Vitamin K - Copper - Selenium - Zinc 	<ul style="list-style-type: none"> - Hair loss, depression, cardiac irregularities, dermatitis - Various cardiovascular problems, weak immune system, low energy - Anemia, depression, tiredness, weakness, increased cardiovascular risk - Depression, irritability, memory loss, muscle weakness, edema - Blood coagulation, skeletal problems - Anemia, fatigue, cardiovascular and connective tissue problems - Lower immunity, reduced antioxidant protection - Weak immunity wound healing, sense of smell/taste, sexual dysfunction
Female Hormones		
<ul style="list-style-type: none"> - Estrogen/Hormone Replacement & oral contraceptives 	<ul style="list-style-type: none"> - Vitamin B6 - Folic Acid - Vitamin B1 - Vitamin B2 - Vitamin B3 - Vitamin B6 - Vitamin B12 - Vitamin C - Magnesium - Selenium - Zinc 	<ul style="list-style-type: none"> - Depression, sleep disturbances, increased heart disease risk - Birth defects, cervical dysplasia, anemia, cardiovascular disease - Depression, irritability, memory loss, muscle weakness, edema - Problems with skin, eyes, mucous membranes and nerves - Cracked, scaly skin, swollen tongue, diarrhea - Depression, sleep disturbances, increased heart disease risk - Anemia, depression, tiredness, weakness, increased cardiovascular risk - Lowered immunity, easy bruising, poor wound healing - Cardiovascular problems, asthma, osteoporosis, cramps, PMS - Lower immunity, reduced antioxidant protection - Weak immunity wound healing, sense of smell/taste, sexual dysfunction
Diabetic Drugs		
<ul style="list-style-type: none"> - Metformin - Sulfonylureas (Tolinase, Micronase/Glynase/Diabeta) 	<ul style="list-style-type: none"> - Coenzyme Q10 - Vitamin B12 - Folic Acid - Coenzyme Q10 	<ul style="list-style-type: none"> - Various cardiovascular problems, weak immune system, low energy - Anemia, depression, tiredness, weakness, increased cardiovascular risk - Birth defects, cervical dysplasia, anemia, cardiovascular disease - Various cardiovascular problems, weak immune system, low energy
 		

Antiviral Agents		
<ul style="list-style-type: none"> - Zidovudine (Retrovir, AZT & other related drugs) - Foscarnet 	<ul style="list-style-type: none"> - Carnitine - Copper - Zinc - Vitamin B12 - Calcium - Magnesium - Potassium 	<ul style="list-style-type: none"> - Various cardiovascular problems, weak immune system, low energy - Anemia, fatigue, cardiovascular and connective tissue problems - Weak immunity wound healing, sense of smell/taste, sexual dysfunction - Anemia, depression, tiredness, weakness, increased cardiovascular risk - Osteoporosis, heart & blood pressure irregularities, tooth decay - Cardiovascular problems, asthma, osteoporosis, cramps, PMS - Irregular heartbeat, muscle weakness, fatigue, edema