



Drug Induced Nutrient Depletion

Drug Induced Nutrient Depletion Chart

Type of Drug	Name Brand Examples	Nutrients Depleted
ANTACIDS	Pepcid, Tagamet, Zantac	B-12, Folic Acid, Vitamin D, Calcium, Iron, Zinc
	Prevacid, Prilosec	Vitamin B-12
ANTIBIOTICS	Aminoglycosides (Gentamicin, Neomycin, Streptomycin), Cephalosporins, Penicillins	B vitamins, Friendly Intestinal Flora
	Tetracyclines	Calcium, Zinc, Magnesium, Iron, B6, Zinc
ANTI-DIABETIC DRUGS	Micronase, Tolinase	Co-Q10
	Metformin	Co-Q10, Vitamin B-12, Folic Acid
ANTI-DEPRESSANTS	Adapin, Aventyl, Elavil, Tofranil, Pamelor, Sinequan, Norpramin	Vitamin B-12, Co-Q10
ANTI-INFLAMMATORIES	Aspirin, Salicylates	C, Folic Acid, Iron, Potassium
	Advil, Aleve, Anaprox, Dolobid, Feldene, Lodine, Motrin, Naprosyn, Orudis, Relafen	Folic Acid
	Betamethasone, Cortisone, Dexamethasone, Hydrocortisone, Methylprednisolone, Prednisone	C, D, Folic Acid, Calcium, Magnesium, Potassium, Selenium, Zinc
CARDIOVASCULAR DRUGS	Apresoline	Vitamin B6, Co-Q10
	Catapres, Aldomet	Co-Q10
	Corgard, Inderal, Lopressor, Betapace, Tenormin, Sectral	Co-Q10, Melatonin
DIURETICS	Lasix, Bumex, Edecrin	B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium
	Enduron, Diuril, Lozol, Zaroxilyn, Hygroton	Magnesium, Potassium, Zinc, Co-Q10, Sodium
CHOLESTEROL LOWERING AGENTS (STATINS)	Lescol, Lipitor, Mevacor, Zocor, Pravachol, Crestor	Co-Q10
	Colestid, Questran	A, B-12, D, E, Folic Acid, Iron
ULCER MEDICATIONS	Tagamet, Pepcid, Zantac	B-12, D, Folic Acid, Calcium, Iron, Zinc, Protein
	Prevacid, Prilosec	B-12, Protein
HRT-HORMONE REPLACEMENT THERAPY	Evista, Prempro, Premarin, Estratab	B2, B6, B-12, C, Folic Acid, Magnesium, Zinc
ORAL CONTRACEPTIVES	Norinyl, Ortho-Novum, Triphasil, etc	B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium