

Drug Nutrient Depletions

Top drug categories by overall number of prescriptions

Nutrient Depletions

ACE inhibitors [Lotensin[®], Univas[®], Accupril[®], Capoten[®], Vasotec[®], Prinivil[®], Zestril[®]]

Anti-diabetics

- a. Sulfonylureas: Glipizide[®], Glyburide[®], Amaryl[®]
- b. Biguanides: Glucophage[®]
- c. Sulfasalazine: Azulfidine[®], Chlorpropamide[®], Diabeta[®], Dymenter[®], Glipizide[®], Glyburide[®], Glynase[®], Micronase[®], Tolazamide[®], Tolbutamide[®], Tolinase[®].

Anti-infectives/Antibiotics [Penicillins, aminoglycosides, sulfonamides, erythromycins]

- a. Tetracyclines [Minocycline[®]]
- b. Cephalosporins [Ceclor[®] (cefactor), Duricel[®] (cefadroxil), and Keflex[®] (cephriaxone).]
- c. Penicillins [Amoxil[®] (amoxicillin), Wycillin[®] (penicillin), and Ticar[®] (ticarcillin).]
- d. Extended spectrum macrolides [Biaxin[®] (clarithromycin), Zithromax[®] (azithromycin), and erythromycin .]
- e. Sulfa [Bactrim, Septra]

Anti-ulcerants/Antacids

- a. Proton pump inhibitors (omeprazole) [Prilosec[®], Nexium[®], and Prevacid[®], Protonix[®], Acipherx[®]]
- b. H-2 blockers* [Zantac[®] (ranitidine), Tagamet[®] (cimetidine), and Axid[®], Pepcid[®].]
- c. Magnesium and Aluminum [Maalox[®], Mylnata[®], Rolaid[®], Tums[®].]

Benzodiazepines [Valium[®] (diazepam), Tranxene[®] (clorazepate dipotassium), Ativan[®] (lorazepam), Klonopin[®], Xanax[®] (alprazolam)]

Beta agonists aerosol [Albuterol and Albuterol Sulfate (Salbutamol): Ventolin[®], Alupent[®], Maxair[®], Proventil[®]]

Beta-blockers [Inderal[®], propranolol, Tenormin[®], Lopressor[®], Betapace[®], Atenolol, Inderal, Lopressor, Metoprolol, Tenormin, Timolol, and Visken.]

Zinc, sodium

- a. CoenzymeQ10
- b. CoenzymeQ10, vitamin B12, folic acid
- c. Folic acid

Comment: As a class, antibiotics may cause diarrhea and altered intestinal flora. Probiotic and Enterobiotic supplementation is highly suggested.

- a. All B, Vitamin K, Probiotic and Enterobiotic, calcium, zinc, iron, and magnesium
- b. All B vitamins, Vitamin K, P robiotic & Enterobiotic
- c. All B vitamins, Probiotic & Enterobiotic, potassium
- d. All B vitamins, Probiotic and Enterobiotic
- e. All B vitamins, Probiotic and Enterobiotic

- a. Vitamin B1 2
- b. Iron, vitamin B12, folic acid, vitamin D, calcium, zinc, and protein (amino acids)

- c. Calcium, phosphate, folic acid, copper, iron, potassium, zinc, magnesium

**Comment: H-2 blocker drugs reduce stomach acid and are associated with decreased dietary iron absorption and dietary vitamin B12 absorption. The vitamin B12 found in supplements is available to the body without the need for stomach acid.*

Melatonin

Potassium

CoenzymeQ10, melatonin

Drug Nutrient Depletions

Top drug categories by overall number of prescriptions

Nutrient Depletions

Calcium channel blockers [Adalat[®], Calan[®] (verapamil), Cardizem[®], Norvasc[®], Plendil[®], Procardia[®]]

Potassium

Corticosteroids [Aristocort[®], Cortef[®], Decadron[®], Medrol[®], Prednisone[®]]

Calcium, potassium, zinc, vitamin D, selenium

Digoxin TM (lanoxin)

This drug is used to regulate heart rhythm. People taking digoxin need to be cautious of substances that may cause low levels of potassium in the body, as this can increase the drug's side effects.

Calcium, magnesium, phosphorus, vitamin B1, potassium

Diuretics

a. Potassium-depleting diuretics: [Loop diuretics such as Lasix[®] (furosemide), Bumetanide, Bumex. Thiazide diuretics such as HCTZ[®] (hydrochlorothiazide), Lozol, and Demadex.]

a. Magnesium, potassium, sodium, zinc, thiamine, and vitamin B1, B6, vitamin C, calcium, CoenzymeQ10

b. Potassium-sparing diuretics: Aldactone[®] (spironolactone), Dyazide, Maxide.

b. Folic acid, calcium, and zinc

Estrogens (female hormone replacement therapy) [Alora[®], Climara[®], Estrace[®], Estratab[®], Estratest[®], Menest[®], Premarin[®], Premphase[®], Prempro[®], Vivelli[®].]

Folic Acid, Vitamin B6, Calcium, Magnesium, CoenzymeQ10

Gout Medications [Col-Benemid[®], Colchine[®].]

Potassium, sodium, vitamin B12, Beta Carotene, phosphorus, and calcium

NSAIDs (non-steroidal anti-inflammatory drugs)

a. [Aleve[®], ibuprofen, Motrin[®], naproxen, Relafen[®].]

b. Aspirin in general

c. Indomethacin [Indocin[®].]

a. Folic acid, iron, vitamin C

b. Iron, potassium, folic acid, vitamin C, calcium, sodium, vitamin B5

c. Iron, folic acid, protein/amino acids, vitamin C

Oral contraceptives [Ortho-Cyclen[®], Ortho-Novum[®], Triphasil[®], Ortho-Tri-Cyclen[®], Demulen[®]]

Folic acid, vitamins B1, B2, B3, B6, B12, vitamin C, zinc, magnesium, and selenium

SSRIs (selective serotonin re-uptake inhibitors)

[Prozac[®], (fluoxetine), Zoloft[®], Effexor[®], Paxil[®]]

Folic acid, and melatonin. Low blood levels of folic acid have been correlated to poor response to fluoxetine. Administration of fluoxetine for six weeks significantly lowered melatonin levels in people with seasonal affective disorder (SAD) and in health people as well.

Statins (HMG-CoA Reductase Inhibitor Agents)

[Cholesterol reducers such as Lescol[®], Lipitor[®], Mevacor[®], Pravachol[®], Zocor[®], Baycol[®].]

CoenzymeQ10

Thyroid (synthetic) [Levothroid[®] (levothyroxine), Levoxyl[®], Thyrolar[®], Synthroid[®]]

Calcium and iron