

PRESCRIPTION INDUCED NUTRIENT DEFICIENCIES

Many prescriptions, as well as commonly used over-the-counter drugs, cause potentially serious nutrient depletions. Here is a list of drugs and non-prescription medications and the nutrients they deplete. [Here are the supplements that provide nutrient support](#). [drawn from several different manufacturers who adhere to the highest quality control protocols.]

DRUG	INDICATION FOR USAGE	NUTRIENTS DEPLETED
<p>Opiate</p> <p>hydrocodone/acetaminophen</p>	<p>Narcotic for pain relief</p>	<p>Folic Acid, Vitamin C, Iron, Potassium</p>
<p>Statin Drugs</p> <p>Lipitor, Crestor, Lescol, Pravachol, Zocor, Mevacor</p>	<p>Lowering Cholesterol</p>	<p>Coenzyme Q10</p>
<p>ACE Inhibitor</p> <p>Lisinopril. Altace, Accupril, Capoten, Prinivil, Zestril, Vasotec</p>	<p>High Blood Pressure</p>	<p>Zinc</p>
<p>Thiazide Diuretic</p> <p>Hydrochlorothiazide</p>	<p>High Blood Pressure</p>	<p>Vitamin D, Calcium Magnesium, Phosphorus, Potassium, Zinc, Coenzyme Q10</p>
<p>Beta Blocking Drugs</p> <p>Atenolol, Corgard, Lopressor, Tenormin, Toprol XL, Metoprolol</p>	<p>High Blood Pressure</p>	<p>Coenzyme Q10, Chromium, Melatonin</p>
<p>Loop Diuretic</p> <p>Furosemide,, Lasix, Ethacrynic acid, Edecrin, Bumex,</p>	<p>High Blood Pressure, Heart Failure</p>	<p>B1, B6, Vitamin C, Calcium Magnesium, Phosphorus, Potassium, Zinc</p>

<p>Proton Pump inhibitor</p> <p>Omeprazole, Prilosec, Prevacid, Nexium, Protonix, Aciphex</p>	<p>GERD, severe gastric ulceration</p>	<p>Beta-carotene; B1, B12 Folic Acid, Calcium, Zinc</p>
<p>Biguanide</p> <p>Metformin, Glucophage</p>	<p>Diabetes, Pre-diabetes</p>	<p>Folic Acid, B12</p>
<p>Bisphosphonate</p> <p>Fosamax, Actonel, Boniva, Didronel, Skelid</p>	<p>Osteoporosis</p>	<p>Calcium Magnesium, Phosphorus</p>
<p>Corticosteriod</p> <p>Flonase, Beclovent, Beconase, QVar, Vancenase, Vanceril</p>	<p>Asthma, Allergic Rhinitis</p>	<p>Beta-Carotene, B6, Folic Acid, Vitamin C, Vitamin D, Calcium Magnesium, Potassium, Selenium, Zinc, Melatonin</p>
<p>Fluoroquinolone Antibiotic</p> <p>Levaquin, Avelox, Cipro, Floxin, Noroxin, Penetrex, Trovan</p>	<p>Bacterial Infection</p>	<p>Biotin, B1, B2, B3, B6, B12, Zinc, Healthy intestinal bacteria</p>
<p>Conjugated Estrogen</p> <p>Premarin Hormone replacement therapy, birth control pills</p>	<p>Hormone Replacement Therapy</p>	<p>B6, B12, Folic acid Vitamin D, Calcium Magnesium, Zinc, Folic Acid, B12</p>
<p>Beta-2 Adrenergic Receptor Agonist</p> <p>albuterol aerosol Brethine, Proventil, Tornalate, Ventolin, Xopenex</p>	<p>Asthma, COPD</p>	<p>Potassium, and possibly Calcium Magnesium, Phosphorus</p>

<p>Corticosteroid</p> <p>Prednisone, Deltasone, Celestone, Cortisone, Cortef, Cortone, Dexamethasone, Decadron, Hydrocortone, Medrol, Methylprednisolone</p>	<p>Severe Inflammation, Autoimmune Disease, Immune System Suppression</p>	<p>Beta-Carotene, Potassium, Selenium, Zinc, Vitamin C, Vitamin D; B6, Folic Acid; Calcium Magnesium.</p>
<p>Calcium Channel Blocking Drugs</p> <ul style="list-style-type: none"> • amlodipine (Norvasc) • felodipine (Plendil) • nifedipine (Procardia, Adalat) • nimodipine (Nimotop) • nisoldipine (Sular) 	<p>High Blood Pressure</p>	<p>Vitamin D</p>
<p>Sulfonylurea</p> <p>glyburide, glipizide, glimepiride, Amaryl, Diabeta, Glucotrol, Glynase, Micronase</p>	<p>Diabetes</p>	<p>Coenzyme Q10</p>
<p>Cardiac Glycoside</p> <p>Digoxin, Digitek, Lanoxin, Lanoxicaps</p>	<p>Heart Failure, Arrhythmias</p>	<p>Calcium Magnesium, Phosphorus, Potassium, B1</p>
<p>Penicillin Antibiotic</p> <p>Amoxicillin, Amoxil, Trimox, Penicillin</p>	<p>Infection</p>	<p>Healthy Intestinal Bacteria, B1, B2, B3, B6, B12, Folic Acid, Biotin, Inositol, Vitamin K</p>
<p>Macrolide Antibiotics</p> <p>Erythromycin, Azithromycin, Biaxin, Zithromax</p>	<p>Infection</p>	<p>Healthy Intestinal Bacteria, B1, B2, B3, B6, B12, Folic acid, vitamin K, Biotin, Inositol</p>

<p>Tricyclic Antidepressants</p> <p>amitriptyline, clomipramine, doxepin imipramine, Anafranil, Asendin, Elavil, Tofranil, Vivactil</p>	<p>Depression</p>	<p>Coenzyme Q10, B2, Sodium</p>
<p>Potassium Sparing Diuretics</p> <p>amiloride, spironolactone, triamterene, Aldactone, Dyazide, Dyrenium, Maxzide</p>	<p>Heart Failure, High Blood Pressure</p>	<p>Calcium Magnesium, Phosphorus Watch for a high Potassium level</p>
<p>OTC (non-prescription medication)</p>		
<p>NSAID</p> <p>Ibuprofen, naproxen and other Arthritis drugs</p>	<p>Inflammation, Pain</p>	<p>Folic Acid</p>
<p>Aspirin</p>	<p>Pain, Inflammation, Fever (adults)</p>	<p>Folic Acid, Vitamin C, Iron, Potassium, Zinc</p>
<p>Acetaminophen</p> <p>Tylenol</p>	<p>Pain, Fever</p>	<p>Coenzyme Q10, Glutathione</p>
<p>Antacids</p> <p>Amphojel, Basaljel, Aluminum Hydroxide plus Magnesium, Gaviscon, Gelusil, Maalox, Mylanta</p>	<p>Gastritis, GERD</p>	<p>Beta-Carotene, Folic Acid, Vitamin D, Calcium Magnesium, Chromium, Iron, Zinc, Phosphorus</p>

<p>Laxatives with Bisacodyl</p> <p>Carter's Little Pills, Correctol, Dulcolax, Feen-a-Mint, PMS-Bisacodyl</p>	<p>Constipation</p>	<p>Calcium, Potassium</p>
<p>H2 Inhibitors</p> <p>Famotidine, Pepcid, Tagamet, Zantac</p>	<p>Ulcer, GERD</p>	<p>Folic Acid, B1, B12, Vitamin D, Calcium, Iron, Zinc</p>

Please note: Beta-Carotene represents Vitamin A Depletion Related drugs are listed because in many cases there is a similar depletion profile*The statements herein have not been evaluated by the Food and Drug Administration. These products are not intended to treat, diagnose, cure, or prevent any diseases.