

Drug-Induced Nutrient Depletions

Drug Category	Nutrients Depleted	Repletion Suggestions
5-ASA Sulfasalazine, Colaza®1, Mesalamine	Folic Acid	Folic Acid 800™ or Folate 5 Plus™
ANEMIA Aranesp®, Epogen®, Procrit®, Neulasta®*	None Reported	
ANTACIDS (H-2 Blockers, Proton Pump Inhibitors) Nexium®, Prevacid®, Protonix®, Maalox®, Mylanta®, Tagamet®, TUMS®, Pepcid®, Zantac®	Calcium (possible) Vitamin B12 (possible) Phosphorus Vitamin D Folic Acid Iron Zinc Vitamin B1	Ca-Zyme™ B12-2000™ Lozenges Bio-D-Mulsion Forte™ Bio-Multi Plus™ or ProMulti-Plus™ Super Phosphozyme™
ANTIBIOTICS Amoxicillin*, Ampicillin, Pennicillin, Tetracycline, Cephalosporin, Ciprofloxacin	Bifidobacteria species Lactobacillus species Biotin Potassium Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B6 Vitamin B12 Vitamin C Vitamin E Vitamin K Inositol Magnesium Zinc	BioDoph-7 Plus™ BioDophilus Caps™ or Lactozyme™ Bio-Multi Plus™ or ProMulti-Plus™ Inositol Mg-Zyme™
ANTICOAGULANTS Warfarin*	None Reported.	
ANTIDEPRESSANTS (SSRI's) Lexapro®, Zoloft®, Prozac®, Zoloft®, Paxil®	Folic Acid Vitamin B6 Vitamin B12 Vitamin D EFAs (increased need) Sodium	Optimal EFAs® Caps B12-2000™ Lozenges Bio-D-Mulsion Forte™
ANTI-DIABETICS Actos®*, Metformin*, Glucotrol®, Avandia®	CoQ10 Folic Acid Vitamin B12	CoQ-Zyme 30™ B12-2000™ Lozenges
ANTIHISTAMINES Singulair®*, Zyrtec®*	EFAs (increased need)	Optimal EFAs® Caps

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ANTIRETROVIRALS Epivir®, Ziagen®	Zinc Copper Vitamin B12 Carnitine	B12-2000™ Lozenges Bio-Multi Plus™ L-Carnitine HCl
ANTIHYPERTENSIVES (ACE Inhibitors, Beta-Blockers) Toprol-XL®, Norvasc®, Lisinopril®, Furosemide*, Chlorthalidone, Digoxin, Clonidine, Propranolol	CoQ10 Phosphorous Potassium Sodium Zinc Calcium Magnesium Vitamin B1	CoQ-Zyme 30™ Bio-Multi Plus™ ProMulti-Plus™ Mg-Zyme™ Super Phosphozyme™
ANTI-INFLAMMATORIES Aspirin, Acetaminophen, Ibuprofen, Naproxen	Folic Acid Iron Potassium Sodium Vitamin C Glutathione	Folic Acid 800™ or Folate 5 Plus™ Bio-Multi Plus™ or ProMulti-Plus™ GSH-Plus™ Bio-C Plus™
BRONCHODILATORS Advair Diskus*, Singulair*, Albuterol*	Potassium	K-Zyme™
CHOLESTEROL-LOWERING (STATINS) Lipitor®, Zocor®, Pravachol®, Cholestyramine, Colesevelam, Fenofibrate	CoQ10 Beta-Carotene Calcium Folic Acid Iron Magnesium Phosphorus Vitamin A Vitamin B12 Vitamin D Vitamin E Vitamin K	CoQ-Zyme 30™ Bio-Multi Plus™ or ProMulti-Plus™ Ca-Zyme™ B12-2000™ Lozenges Folic Acid 800™ or Folate 5 Plus™ Super Phosphozyme™
CORTICOSTEROIDS Prednsone, Hydrocortisone, Prednisole, Betamethasone	Calcium Folic Acid Magnesium Potassium Selenium Vitamin A Vitamin B6 Vitamin C Vitamin D Vitamin K Zinc	Osteo-B II® or Osteo-B Plus® Folic Acid 800™ or Folate 5 Plus™ Bio-Multi Plus™ or ProMulti-Plus™ Bio-D Mulsion Forte™ Bio-C Plus™ Mg-Zyme™

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DIURETICS Furosemide, Hydrochlorothiazide, Triamterene	Calcium Magnesium Potassium Sodium Vitamin B1 Vitamin B6 Vitamin C Zinc CoQ10 Folic Acid	CoQ-Zyme 30™ Mg-Zyme™ Bio-Multi Plus™ or ProMulti-Plus™ Folic Acid 800™ or Folate 5 Plus™ Bio-C Plus™
GOUT Colchicine	Vitamin A Vitamin D Vitamin B12 Folic Acid Iron Potassium	Bio-Multi Plus™ ProMulti-Plus™ Folic Acid 800™ Folate 5 Plus™ Bio-D-Mulsion Forte™ Ca-Zyme™
HORMONE REPLACEMENT THERAPY Estrace®, Premarin®, Prempro®, Alora®	Vitamin B6 Magnesium Vitamin B1 Vitamin B2 Biotin Vitamin B12 Pantothenic Acid Vitamin C	B12-2000™ Lozenges Bio-Multi Plus™ or ProMulti-Plus™ Mg-Zyme™ Bio-C Plus™
LAXATIVES	Vitamin A Vitamin D Vitamin E Calcium Sodium Potassium	Bio-Multi Plus™ ProMulti-Plus™ Ca-Zyme™
ORAL CONTRACEPTIVES Ortho Cyclen®, Ortho Novum®, Ortho TriCyclen®, Triphasil®, Seasonale®, Yasmin®, Ethinyl Estradiol Plus Norgestrel	Beta Carotene Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B6 Vitamin B12 Folic Acid Biotin Pantothenic Acid Vitamin C Magnesium Zinc Tryptophan Tyrosine	B12-2000™ Lozenges Equi-Fem™ or PMT™ or Bio-Multi Plus™ Mg-Zyme Bio-B Complex™ Amino Sport™ Bio-C Plus™
PSYCHOTHERAPEUTICS Seroquel®, Risperdal®, Zyprexa®, Haldol, Ami- triptyline	Vitamin B2 CoQ10	Bio-B Complex™ CoQ-Zyme 30™

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RHEUMATOID ARTHRITIS Enbrel®*, Remicade®*, Methotrexate	Folic Acid	Folic Acid 800™ or Folate 5 Plus™
SLEEP AIDS Ambien®*, Lunesta®, Restoil®, Sonata®	None Reported. F However, since many sleep aids/sedatives act on the GABA-A receptor complex, it may be deduced that they “may” act similar to anti-covulsants which also act on the GABA-A receptor, and whose depletions included: Biotin Calcium Folic Acid Vitamin B12 Vitamin B1 Vitamin D Vitamin K	B-12-2000™ Lozenges Bio-Multi Plus™ or ProMulti-Plus™ Ca-Zyme™
THYROID Synthroid®*, Levothyroxine Sodium*	Iron	Fe-Zyme™

* Indicates a “Top 20” Drug, either by volume of sales or by quantity of prescriptions dispersed. (source: IMS Health© 2006, Pharmacy Times©2007)

This list is meant for informational purposes only. Individuals should not rely solely on this chart for information on drug-nutrient depletions, but rather use it as a starting point or quick reference. Branded drug names are designated as examples for sake of familiarity. The listing of registered or branded products is not to be construed as singling out the actions of that particular drug, but is meant to be a generalized representative of the drugs within the category. Inclusion on the list is not indicative of endorsement, nor should it be viewed as inclusive. Variations in drug-nutrient depletions may exist between drugs within the same category. Additionally, many drug companies do not perform mechanistic studies to determine what effect, if any, their medication have on nutrient status. Therefore, listings should act as a generalized guideline, and should not take the place of appropriate and specific advice from a licensed healthcare provider.

Resources

Pelton, Lavalley, Hawkins, Krinsky. *Drug-Induced Nutrient Depletion Handbook*. Lexi-Comp; 2nd Ed.,2001.

Pelton R. Lavalley. *The Nutritional Cost of Prescription Drugs.*, Morton Publishing Co., 2nd Ed., 2004.

Vaglini F, Fox B, *The Side Effects Bible: The Dietary Solution to Unwanted Side Effects of Common Medications*. Broadway, 2005.