

Drug Nutrient Depletions

Top drug categories by overall number of prescriptions

Nutrient Depletions

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

Anti-diabetics

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

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

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

Anti-ulcerants/Antacids

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

- CoenzymeQ₁₀
- CoenzymeQ₁₀, vitamin B₁₂, folic acid
- Folic acid

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

- All B, Vitamin K, Probiotic and Enterobiotic, calcium, zinc, iron, and magnesium
- All B vitamins, Vitamin K, Probiotic & Enterobiotic
- All B vitamins, Probiotic & Enterobiotic, potassium
- All B vitamins, Probiotic and Enterobiotic
- All B vitamins, Probiotic and Enterobiotic

a. Vitamin B₁₂

- Iron, vitamin B₁₂, folic acid, vitamin D, calcium, zinc, and protein (amino acids)
- 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

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

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

Digoxin[™] (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.

Diuretics

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

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

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

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

NSAIDs (non-steroidal anti-inflammatory drugs)

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

b. Aspirin in general

c. Indomethacin [Indocin[®].]

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

SSRIs (selective serotonin re-uptake inhibitors)

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

Statins (HMG-CoA Reductase Inhibitor Agents)

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

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

Potassium

Calcium, potassium, zinc, vitamin D, selenium

Calcium, magnesium, phosphorus, vitamin B₁, potassium

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

b. Folic acid, calcium, and zinc

Folic Acid, Vitamin B₆, Calcium, Magnesium, CoenzymeQ₁₀

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

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

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

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.

CoenzymeQ₁₀

Calcium and iron