



Do the Prescriptions you take Deplete your Nutritional Status? Patient Handout

TYPE OF DRUG	NAME BRAND EXAMPLE	NUTRIENTS DEPLETED
ACETAMINOPHEN	Tylenol	Glutathione and cysteine in kidneys, glutathione and catalase in liver, depletes glutathione in testes and lung
ANTACIDS	Proton Pump Inhibitors (Pepcid, Tagamet, Zantac)	Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron, Zinc
	H2 Receptor Antagonists (Prevacid)	Vitamin B12, Ca - absorption impaired leading to bone fracture
	Mb/Al	Ca, Phosph, Folic Acid
	Sodium Bicarb	K, Folic Acid
ANTIBIOTICS	General Aminoglycosides (gentomycin, neomycin, streptomycin), Cephalosporins, Penicillins	B Vitamins, Vitamin K - Produce proteases, lipases and lactase that aid in the digestion of nutrients - Friendly beneficial intestinal bacteria
	Tetracyclines	Calcium, Zinc, Magnesium, Iron, Vitamin B6, Zinc
ANTICONVULSANTS	Barbiturates	Vitamin D, Vitamin K, Folic Acid, Calcium, Biotin
	Dilantin	Vitamin D, Vitamin K, Folic Acid, Calcium, Biotin, B1, B12
	Tegretol	Vitamin D, Folic Acid, Biotin
	Valproic Acid	Carnitine
	Mysoline	Vitamin D, Vitamin K, Folic Acid
ANTI DIABETIC DRUGS	Sulfonureas, Dymelor, Micronase, Tolinase	Coenzyme Q10
	Glucophage	Coenzyme Q10, Vitamin B12, Folic Acid
ANTIDEPRESSANTS	Adapin, Aventyl, Elavil, Tofranil, Pamelor, Sinequan, Norpramin	Vitamin B12, Coenzyme Q10
	SSRIS	Increased bone loss at hip-mechanism not understood
	Lithium	Inositol
ANTIHYPERTENSIVES		Ca, Mg, Ph via increased urinary excretion
ANTI INFLAMMATORIES	Aspirin & Salicylates	Vitamin C, Folic Acid, Vitamin B5, Ca, Na, Iron, Potassium
	Advil, Aleve, Anaprox, Dolobid, Feldene, Lodine, Motrin, Naprosyn, Orudis, Relafen	Folic Acid, Vitamin B6, Melatonin
	Betamethasone, Cortisone, Dexamethasone, Hydrocortisone, Methylprednisolone, Prednisone	Vitamin A, Vitamin B6, Vitamin B12, Vitamin C, Vitamin D, Folic Acid, Iron, Potassium, Selenium, Zinc, Calcium, Chromium, Mg.
ANTIPHYSCHOTICS	Phenothiazines	Vitamin B2, Coenzyme Q10, Melatonin, NADH
	Haidol	Vitamin B2, Coenzyme Q10, Vitamin E
BENZOIDAZEPENES		Melatonin – insomnia, increased cancer risk and free radical damage

BRONCHODILATORS	THEOPHYLINE BETA 2 ADRENERGIC AGONISTS	Vitamin B6 Vitamin K
CARDIOVASCULAR DRUGS	Apresoline Catapres, Aldomet Corgard, Inderal, Lopressor, Betapac, Tenormin, Sectral, Blocadren Ace Inhibitors Lanoxin	Vitamin B6, Coenzyme Q10 Coenzyme Q10 Coenzyme Q10 – Propanolol decreases CoQ10 succinoxidase and Q10 NADH – oxidase Melatonin Zn
CHEMOTHERAPY DRUGS		Many nutrients are depleted
CHOLESTEROL LOWERING AGENTS	Lescol, Lipitor, Mevacor, Zocor, Pravacol Fibrates Colestid, Questran	Coenzyme Q10 Vitamin B12, Vitamin E, Cu, Zn Vitamins A, B12, D, E, K, Ca, Mg, P, Beta-Carotene, Folic Acid, Iron
COUMADIN		Vitamin K
DIURETICS	Lasix, Bumex, Edocrin Enduron, Diuril, Lozol, Zaroxolyn, Hygroton	Vitamins B1, B6, B, Magnesium, Calcium, Potassium, Zinc, Sodium Magnesium, Potassium, Zinc, Coenzyme Q10, Sodium
HORMONE REPLACEMENT THERAPY (HRT)	Evista, Prempro, Premarin, Estratab	Vitamins B1, B2, B6, B12, C, Folic Acid, Magnesium – Estrogen induced magnesium shifts can be deleterious when estrogen levels are high and serum magnesium is low. Can shift Ca/Mg ratios resulting in a shift toward coagulation Zinc, Se, Zn, Tyrosine, Q10, Vitamin E – especially Vitamin B6 and Mg – especially Folic Acid
KCI TIME RELEASE		B12 – leads to anemia, increased homocysteine, depression, neurological problems
LAXATIVES	Mineral Oil . Bisacodyl Sodium Phosphate Enema	Vitamin A, Vitamin D, Vitamin E, Vitamin K Vitamin K Ca, Mg
LUPRON		Calcium – decrease in osteocalcin production
ORAL CONTRACEPTIVES	Norinyl, Ortho – Novem, Triphasil etc	Vitamins B1, B2 – fall in erythrocyte riboflavin concentration, B3, B6 – reduced synthesis of serotonin and melatonin – leads to depression, anxiety, decreased libido, impaired glucose tolerance – use B6 50-100mg per day - Elevated homocysteine B12 – significantly lower C – decreased by 30-42%. It is the estrogenic component which is to blame. Folic Acid – fall in folic acid can lead to anemia, birth defects, cervical dysplasia, elevated homocysteine, depression, increase breast and colorectal cancer. Use adequate folate before stopping OC and becoming pregnant. Use of folic acid can reverse cervical dysplasia. Magnesium, Selenium, Zinc Tyrosine – decrease leads to depression – mostly in mid cycle and luteal phase. Q10, Vitamin E – significant decrease Fall in glutathione reductase activity which helps us detoxify

ULCER MEDICATIONS	Tagamet, Pepcid, Axid, Zantac	Vitamins B12, D, Folic Acid, Calcium, Iron, Zinc, Protein
	Prevacid, Prilosec	Vitamin B12, Protein
XENICAL/ORLISTAT		Beta Carotene, Vitamin A, Vitamin E

Information

There is overwhelming evidence confirming that vitamin deficiencies are associated with disease processes and the overall condition of your health. Vitamin, mineral, and antioxidant deficiencies have been shown to suppress immune function which can contribute to degenerative processes such as arthritis, cancer, Alzheimer's, cardiovascular disease and diabetes to name a few. This research has been recently reaffirmed by The New England Journal of Medicine and the Journal

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