



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

TYPE OF DRUG	NAME BRAND EXAMPLE	NUTRIENTS DEPLETED
<b>ACETAMINOPHEN</b>	Tylenol	Glutathione and cysteine in kidneys, glutathione and catalase in liver, depletes glutathione in testes and lung
<b>ANTACIDS</b>	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
<b>ANTIBIOTICS</b>	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
<b>ANTICONVULSANTS</b>	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
<b>ANTI DIABETIC DRUGS</b>	Sulfonureas, Dymelor, Micronase, Tolinase	Coenzyme Q10
	Glucophage	Coenzyme Q10, Vitamin B12, Folic Acid
<b>ANTIDEPRESSANTS</b>	Adapin, Aventyl, Elavil, Tofranil, Pamelor, Sinequan, Norpramin	Vitamin B12, Coenzyme Q10
	SSRIS	Increased bone loss at hip-mechanism not understood
	Lithium	Inositol
<b>ANTIHYPERTENSIVES</b>		Ca, Mg, Ph via increased urinary excretion
<b>ANTI INFLAMMATORIES</b>	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.
<b>ANTIPHYSCHOTICS</b>	Phenothiazines	Vitamin B2, Coenzyme Q10, Melatonin, NADH
	Haidol	Vitamin B2, Coenzyme Q10, Vitamin E
<b>BENZOIDAZEPENES</b>		Melatonin – insomnia, increased cancer risk and free radical damage

<b>BRONCHODILATORS</b>	THEOPHYLINE  BETA 2 ADRENERGIC AGONISTS	Vitamin B6  Vitamin K
<b>CARDIOVASCULAR DRUGS</b>	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
<b>CHEMOTHERAPY DRUGS</b>		Many nutrients are depleted
<b>CHOLESTEROL LOWERING AGENTS</b>	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
<b>COUMADIN</b>		Vitamin K
<b>DIURETICS</b>	Lasix, Bumex, Edecrin  Enduron, Diuril, Lozol, Zaroxolyn, Hygroton	Vitamins B1, B6, B, Magnesium, Calcium, Potassium, Zinc, Sodium  Magnesium, Potassium, Zinc, Coenzyme Q10, Sodium
<b>HORMONE REPLACEMENT THERAPY (HRT)</b>	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
<b>KCI TIME RELEASE</b>		B12 – leads to anemia, increased homocysteine, depression, neurological problems
<b>LAXATIVES</b>	Mineral Oil .  Bisacodyl  Sodium Phosphate Enema	Vitamin A, Vitamin D, Vitamin E, Vitamin K  Vitamin K  Ca, Mg
<b>LUPRON</b>		Calcium – decrease in osteocalcin production
<b>ORAL CONTRACEPTIVES</b>	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

<b>ULCER MEDICATIONS</b>	Tagamet, Pepcid, Axid, Zantac	Vitamins B12, D, Folic Acid, Calcium, Iron, Zinc, Protein
	Prevacid, Prilosec	Vitamin B12, Protein
<b>XENICAL/ORLISTAT</b>		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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