

Do the Prescriptions You Take Deplete Your Nutritional Status?



TYPE OF DRUG	NAME BRAND EXAMPLES	NUTRIENTS DEPLETED
ANTACIDS	Pepcid, Tagemet, Zantac	Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron, Zinc
	Prevacid, Prilosec	Vitamin B12
ANTIBIOTICS	General Aminoglycosides (gentomycin, neomycin, streptomycin), Cephalosporins , Penicillins	B vitamins, Vitamin K, Friendly Beneficial Intestinal bacteria
	Tetracyclines	Calcium, Zinc, Magnesium, Iron, Vitamin B6, Zinc
ANTI-DIABETIC DRUGS	Dymelor, Micronase, Tolinase	Coenzyme Q10
	Glucophage	Coenzyme Q10, Vitamin B12, Folic Acid
ANTI-DEPRESSANTS	Adapin, Aventyl, Elavil, Tofranil, Pamelor, Sinequan, Norpramin	Vitamin B12, Coenzyme Q10
ANTI-INFLAMMATORIES	Aspirin & Salicylates	Vitamin C, Folic Acid, Iron, Potassium
	Advil, Aleve, Anaprox, Dolobid, Feldene, Lodine, Motrin, Naprosyn, Orudis, Relafen	Folic Acid
	Betamethasone, Cortisone, Dexemethasone, Hydrocortisone, Methylprednisolone, Prednisone	Vitamin C, D, Folic Acid, Calcium, Magnesium, Potassium, Selenium, Zinc
CARDIOVASCULAR DRUGS	Apresoline	Vitamin B6, Coenzyme Q10
	Catapres, Aldomet	Coenzyme Q10
	Corgard, Inderal, Lopressor, Betapac, Tenormin, Sectral, Blocadren	Coenzyme Q10, Melatonin
DIURETICS	Lasix, Bumex, Edecrin	Vitamins B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium
	Enduron, Diuril, Lozol, Zarooxolyn, Hygroton	Magnesium, Potassium, Zinc, Coenzyme Q10, Sodium
CHOLESTEROL LOWERING AGENTS (STATINS)	Lescol, Lipitor, Mevacor, Zocor, Pravacol, Crestor	Coenzyme Q10
	Colestid, Questran	Vitamins A, B12, D, E, K, Beta-Carotene, Folic Acid, Iron
ULCER MEDICATIONS	Tagamet, Pepcid, Axid, Zantac	Vitamins B12, D, Folic Acid, Calcium, Iron, Zinc, Protein
	Prevacid, Prilosec	Vitamin B12, Protein
HRT – HORMONE REPLACEMENT THERAPY	Evista, Prempro, Premarin, Estratab	Vitamins B2, B6, B12, C, Folic Acid, Magnesium, Zinc
ORAL CONTRACEPTIVES	Norinyl, Ortho-Novem, Triphasil, etc.	Vitamins B2, B3, B6, B12, C, Folic Acid, Magnesium, Selenium, Zinc