

# Do the Prescriptions You Take Deplete Your Nutritional Status?

SOURCE: DRUG-INDUCED NUTRIENT DEPLETION HANDBOOK, 2ND EDITION



DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEM
<b>ANTACIDS/ULCER MEDICATIONS</b> Pepcid, Tagamet, Zantac, Prevacid, Prilosec, Magnesium & Aluminum antacids	Vitamin B12 Folic Acid Vitamin D Calcium Iron Zinc	Anemia, depression, tiredness, weakness, increased cardiovascular risk Birth defects, cervical dysplasia, anemia, heart disease, cancer risk Osteoporosis, muscle weakness, hearing loss Osteoporosis, heart and blood pressure irregularities, tooth decay Anemia, weakness, fatigue, hair loss, brittle nails Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
<b>ANTIBIOTICS</b> Gentomycin, neomycin, streptomycin, cephalosporins, penicillins  Tetracyclines	B Vitamins Vitamin K  Calcium Magnesium Iron Vitamin B6 Zinc	Short term depletion affects are minimal, but failure to re-inoculate the GI tract with beneficial bacteria (probiotics) often results in dysbiosis which causes gas, bloating, decreases digestion & absorption of nutrients, and also may lead to a variety of other health problems.  Osteoporosis, heart & blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Slow wound healing, fatigue, anemia Depression, sleep disturbance, increased cardiovascular disease risk Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
<b>CHOLESTEROL DRUGS</b> Lipitor, Crestor, Zocor, and others	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
<b>ANTI-DEPRESSANTS</b> Adapin, Aventyl, Elavil, Pamelor, & others  Major Tranquilizers (Thorazine, Mellaril, Prolixin, Serentil & others)	Coenzyme Q10 Vitamin B2	Various cardiovascular problems, weak immune system, low energy Problems with skin, eyes, mucous membranes and nerves
<b>FEMALE HORMONES</b> Estrogen/Hormone Replacement  Oral Contraceptives	Vitamin B6  Folic Acid Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B6 Vitamin B12 Vitamin C Magnesium Selenium Zinc	Depression, sleep disturbance, increased cardiovascular disease risk  Birth defects, cervical dysplasia, anemia, cardiovascular disease Depression, irritability, memory loss, muscle weakness, edema Problems with skin, eyes, mucous membranes and nerves Cracked, scaly skin, swollen tongue, diarrhea Depression, sleep disturbances, increased cardiovascular disease risk Anemia, depression, tiredness, weakness, increased cardiovascular risk Lowered immune system, easy bruising, poor wound healing Cardiovascular problems, asthma, osteoporosis, cramps, PMS Lower immunity, reduced antioxidant protection Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
<b>ANTICONVULSANTS</b> Phenobarbital & barbituates  Dilatin, Tegretol, Mysoline Depakane/Depacon	Vitamin D Calcium Folic Acid Biotin Carnitine Vitamin B12 Vitamin B1 Vitamin K Copper Selenium Zinc	Osteoporosis, muscle weakness, hearing loss Osteoporosis, heart & blood pressure irregularities, tooth decay Birth defects, cervical dysplasia, anemia, cardiovascular disease Hair loss, depression, cardiac irregularities, dermatitis Various cardiovascular problems, weak immune system, low energy Anemia, depression, tiredness, weakness, increased cardiovascular risk Depression, irritability, memory loss, muscle weakness, edema Blood coagulation, skeletal problems Anemia, fatigue, cardiovascular and connective tissue problems Lower immunity, reduced antioxidant protection Weak immunity, wound healing, sense of smell/taste, sexual dysfunction



# Do the Prescriptions You Take Deplete Your Nutritional Status?

SOURCE: DRUG-INDUCED NUTRIENT DEPLETION HANDBOOK, 2ND EDITION



DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEM
<b>ANTI-INFLAMMATORIES</b> Corticosteroids: Prednisone, Medrol, Aristocort, Decodron  NSAIDS (Motrin, Aleve, Advil, Anaprox, Dolobid, Feldene, Naprosyn and others)  Aspirin & Salicylates	Calcium Vitamin D Magnesium Zinc Vitamin C Vitamin B6 Vitamin B12 Folic Acid Selenium Chromium  Folic Acid  Vitamin C Calcium Folic Acid Iron Vitamin B5	Osteoporosis, heart and blood pressure irregularities, tooth decay Osteoporosis, muscle weakness, hearing loss Cardiovascular problems, asthma, osteoporosis, cramps, PMS Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Lowered immunity, easy bruising, poor wound healing Depression, sleep disturbances, increased cardiovascular disease risk Anemia, depression, tiredness, weakness, increased cardiovascular risk Birth defects, cervical dysplasia, anemia, cardiovascular disease Lower immunity, reduced antioxidant protection Elevated blood sugar, cholesterol & triglycerides, diabetes risk  Birth defects, cervical dysplasia, anemia, cardiovascular disease  Lowered immune system, easy bruising, poor wound healing Osteoporosis, heart & blood pressure irregularities, tooth decay Birth defects, cervical dysplasia, anemia, cardiovascular disease Anemia, weakness, fatigue, hair loss, brittle nails Fatigue, listlessness, and possible problems with skin, liver and nerves
<b>DIURETICS</b> Loop Diuretics (Lasix, Bumex, Edecrin) Thiazid Diuretics (HCTZ, Enduron, Diuril, Lozol, Zaroxolyn, Hygroton and others)  Potassium Sparing Diuretics	Calcium Magnesium Vitamin B1 Vitamin B6 Vitamin C Zinc Coenzyme Q10 Potassium Sodium  Calcium Folic Acid Zinc	Osteoporosis, heart and blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Depression, irritability, memory loss, muscle weakness, edema Depression, sleep disturbance, increased heart disease risk Lowered immunity, easy bruising, poor wound healing Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Various cardiovascular problems, weak immune system, low energy Irregular heartbeat, muscle weakness, fatigue, edema Muscle weakness, dehydration, memory problems, loss of appetite  Osteoporosis, heart & blood pressure irregularities, tooth decay Birth defects, cervical dysplasia, anemia, cardiovascular disease Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
<b>CARDIOVASCULAR DRUGS</b> Antihypertensives (Catapres, Aldomet)  ACE Inhibitors (Capoten, Vasotec, Monopril & others)  Bete Blockers (Inderal, Corgard, Lopressor and others)	Coenzyme Q10 Vitamin B6 Zinc Vitamin B1  Zinc  Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy Depression, sleep disturbance, increased cardiovascular disease risk Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Depression, irritability, memory loss, muscle weakness, edema  Weak immunity, wound healing, sense of smell/taste, sexual dysfunction  Various cardiovascular problems, weak immune system, low energy
<b>DIABETIC DRUGS</b> Metformin  Sulfonylureas (Dymelor, Tolinase, Micronase/Glynase/DiaBeta)	Coenzyme Q10 Vitamin B12 Folic Acid  Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy Anemia, depression, tiredness, weakness, increased cardiovascular risk Birth defects, cervical dysplasia, anemia, heart disease, cancer risk  Various cardiovascular problems, weak immune system, low energy
<b>ANTIVIRAL AGENTS</b> Zidovudine (Retrovir, AZT & other related drugs)  Foscarnet	Carnitine Copper Zinc Vitamin B12  Calcium Magnesium Potassium	Increased blood lipids, abnormal liver function and glucose control Anemia, fatigue, cardiovascular and connective tissue problems Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Anemia, depression, tiredness, weakness, increased cardiovascular risk  Osteoporosis, heart and blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Irregular heartbeat, muscle weakness, fatigue, edema

