

# Medication-Induced Nutrient Depletion

*Prescription medications work to alleviate symptoms because they disrupt certain biochemical pathways. However, do we take the time to consider what other effects they are having on us? By shutting down a biochemical pathway, you could be having an impact on the utilization of certain nutrients. Or by taking a particular drug, you could be stressing the liver resulting in the depletion of nutrients. All of these have an impact on our nutrient reserves and can contribute to the progression of chronic disease.*

CLASSIFICATION	DRUG	INDICATION FOR USE	NUTRIENTS DEPLETED
ACE Inhibitor	Lisinopril, Altace, Accupril, Capoten, Prinivil, Zestril, Vasotec	High Blood Pressure	Zinc, Sodium
Anti-diabetic	Metformin, Glucophage, Actos, Avandia	Diabetes, Pre-diabetes	Folic Acid, B12, CoQ10
Benzodiazepines	Valium, Konopin, Xanax	Anxiety	Melatonin
Beta Blocking Drugs	Atenolol, Corgard, Lopressor, Tenormin, Toprol XL, Metoprolol	High Blood Pressure	Coenzyme Q10, Chromium, Melatonin
Beta-2 Adrenergic Receptor Agonist	Albuterol, Aerosol, Brethine, Proventil, Tornalate, Ventolin, Xopenex	Asthma, COPD	Potassium, Calcium (possibly), Magnesium, Phosphorus
Bisphosphonate	Fosamax, Actonel, Boniva, Didronel, Skelid	Osteoporosis	Calcium Magnesium, Phosphorus
Calcium Channel Blocking Drugs	Amlodipine (Norvasc), felodipine (Plendil), Nifedipine (Procardia, Adalat), nimodipine (Nimotop), nisoldipine (Sular)	High Blood Pressure	Vitamin D
Cardiac Glycoside	Digoxin, Digitek, Lanoxin, Lanoxicaps	Heart Failure, Arrhythmias	Calcium Magnesium, B1 Phosphorus, Potassium
Conjugated Estrogen	Premarin Hormone replacement therapy	Hormone Replacement Therapy	B6, Vitamin D, Calcium, Zinc Magnesium, Folic Acid, B12
Corticosteroid	Flonase, Beclovent, Beconase, QVar, Vancenase, Vanceril	Asthma, Allergic Rhinitis	Beta-Carotene, B6, Folic Acid, Vitamin C, Vitamin D, Calcium, Magnesium, Potassium, Selenium, Zinc, Melatonin
Corticosteroid	Prednisone, Deltasone, Celestone, Cortisone, Cortef, Cortone, Dexamethasone, Decadron, Hydrocortone, Medrol, Methylprednisolone	Severe Inflammation, Autoimmune	Beta-Carotene, B6, Folic Acid, Vitamin C, Vitamin D, Calcium Magnesium, Potassium, Selenium, Zinc

Fluoroquinolone Antibiotic	Levaquin, Avelox, Cipro, Floxin, Noroxin, Penetrex, Trovan	Bacterial Infection	Biotin, B1, B2, B3, B6, B12, Zinc, Healthy intestinal bacteria
Loop Diuretic	Furosemide, Lasix, Ethacrynic acid, Edecrin, Bumex	High Blood Pressure, Heart Failure	B1, B6, Vitamin C, Calcium, Magnesium, Zinc, Phosphorus, Potassium
Macrolide Antibiotics	Erythromycin, Azithromycin, Biaxin, Zithromax	Infection	Healthy Intestinal Bacteria, B1, B2, B3, B6, B12, Vitamin K, Folic Acid, Biotin, Inositol
Opiate	hydrocodone/acetaminophen	Narcotic for pain relief	Folic Acid, Vitamin C, Iron, Potassium
Oral Contraceptives	Ortho-cyclen, Lo-Ovral, etc.	Contraception	Folic Acid, B1, B2, B3, B6, B12, Vitamin C, Zinc, Trace minerals, Selenium
Penicillin Antibiotic	Amoxicillin, Amoxil, Trimox, Penicillin	Infection	Healthy Intestinal Bacteria, Inositol, Biotin, B1, B2, B3, B6, B12, Vitamin K, Folic Acid
Potassium Sparing Diuretics	Amiloride, Spironolactone, Triamterene, Aldactone, Dyazide, Dyrenium, Maxzide	Heart Failure, High Blood Pressure	Calcium, Magnesium, Phosphorus
Proton Pump inhibitor	Omeprazole, Prilosec, Prevacid, Nexium, Protonix, Aciphex	GERD, severe gastric ulceration	Beta carotene, B1, B12, Folic Acid, Calcium, Zinc
SSRIs (Selective Serotonin Reuptake Inhibitors)	Prozac, Zoloft, Paxil	Depression	Sodium, Folic Acid, Melatonin
Statin Drugs	Lipitor, Crestor, Lescol, Pravachol, Zocor, Mevacor	Lowering Cholesterol	Coenzyme Q10
Sulfonylurea	Glyburide, Glipizide, Glimepiride, Amaryl, Diabeta, Glucotrol, Glynase, Micronase	Diabetes	Coenzyme Q10
Synthetic Thyroid	Levothyroid, Synthroid	Hypothyroidism	Calcium
Thiazide Diuretic	Hydrochlorothiazide	High Blood Pressure	Vitamin D, Calcium Magnesium, Phosphorus, Potassium, Zinc, Coenzyme Q10
Tricyclic Antidepressants	Amitriptyline, Clomipramine, Doxepin, Imipramine, Anafranil, Asendin, Elavil, Tofranil, Vivactil	Depression	Coenzyme Q10, B2, Sodium

## Over the Counter (Non-Prescription Medications)

CLASSIFICATION	DRUG	INDICATION FOR USAGE	NUTRIENTS DEPLETED
NSAID	Ibuprofen, Naproxen	Inflammation, Pain	Folic Acid, Iron, Vitamin C
Acetaminophen	Tylenol	Pain, Fever	Coenzyme Q10, Glutathione
Antacids	Amphojel, Aluminum Hydroxide plus Magnesium, Gaviscon, Gelusil, Maalox, Mylanta, Basaljel	Gastritis, GERD	Beta-Carotene, Folic Acid, Vitamin D, Calcium, Magnesium, Chromium, Iron, Zinc, Phosphorus
Aspirin		Pain, Inflammation, Fever (adults)	Folic Acid, Vitamin C, Iron, Potassium, Zinc
H <sub>2</sub> Inhibitors	Famotidine, Pepcid, Tagamet, Zantac	Ulcer, GERD	Folic Acid, B1, B12, Vitamin D, Calcium, Iron, Zinc
Laxatives with Bisacodyl	Correctol, Dulcolax, PMS-Bisacodyl	Constipation	Calcium, Potassium



Food as Medicine is an in-depth course that will address some fundamental questions behind how our diet impacts our health and well-being and how it contributes to the progression of chronic disease.

**Every Tuesday from 2:30 – 4:30 PM**

**Please call 316-682-3100 for more information**