

Drugs that Deplete Vitamins

Confused about which supplements to take? Many prescription medications can deplete your body's stores of important vitamins, minerals, and other important nutrients. Learn which supplements are recommended for your individual needs. Visit us at www.HarmonicNutrition.com or call (847) 383-5947 to schedule your private consultation with a registered dietitian.

Prescription Drug Category	EXAMPLES - NAME BRANDS	NUTRIENTS DEPLETED
Antacids	Pepcid, Tagamet, Zantac	Vitamin B-12, folic acid, vitamin D, calcium, iron, zinc
	Prevacid, Prilosec	Vitamin B-12
Antibiotics (General)	Amoxicillin, Erythromycin, Penicillin, Tetracycline	"Friendly" beneficial intestinal bacteria
Antidepressants	Adapin, Aventyl, Elavil, Tofranil	Vitamin B-2, coenzyme Q-10
Antidiabetic drugs	Dymelor, Micronase, Tolinase	Coenzyme Q-10
	Glucophage	Vitamin B-12
Anti-inflammatories	Aspirin	Vitamin C, folic acid, iron, potassium
	Advil, Aleve, Dolobid, Feldene, Indocin, Lodine, Motrin, Nalfon, Naprosyn, Orudis, Relafen, Voltaren	Folic acid
	Betamethasone, Budesonide, Cortisone, Dexamethasone, Hydrocortisone, Methylprednisolone, Prednisolone, Prednisone	Vitamin C, vitamin D, folic acid, calcium, magnesium, potassium, selenium, zinc
Blood pressure-Lowering drugs	Apresoline	Vitamin B-6, coenzyme Q-10
	Bumex, Edecrin, Lasix	Vitamin B-1, vitamin B-6, vitamin C, magnesium, calcium, potassium, zinc
	Aquatensen, Lozol, Zaroxolyn	Coenzyme Q-10, magnesium, potassium, zinc
	Dyrenium	Folic acid, calcium, zinc
	Blocadren, Cartrol, Corguard, Inderal, Kerlone, Lopressor, Normodyne, Sectral, Tenormin, Viskin	Coenzyme Q-10
Cholesterol-Lowering drugs	Baycol, Lescol, Lipitor, Mevacor, Zocor	Coenzyme Q-10
	Colestid, Questran	Vitamin A, beta-carotene, vitamin B-12, vitamin D, vitamin E, vitamin K, folic acid, iron
Hormone replacement Therapy (HRT)	Evista, Prempro, Premarin, Estratab	Vitamin B-2, vitamin B-6, vitamin B-12, folic acid, vitamin C, magnesium, zinc
Oral contraceptives	Estrastep, Norinyl, Ortho-Novem, Triphasil	Vitamin B-2, vitamin B-6, vitamin B-12, folic acid, vitamin C, magnesium, zinc
Tranquilizers	Ormazine, Mellaril, Prolixin, Thorazine	Vitamin B-2, coenzyme Q-10
	Haldol	Coenzyme Q-10

Source: Drug-induced Nutrient Depletion Handbook by R. Pelton et al. Physicians Desk Reference

For informational purposes only. Be sure to talk to your health care practitioner for specific guidelines.