



## GUIDE TO DRUG INDUCED NUTRIENT DEPLETION

MEDICATION CATEGORY	EXAMPLES	NUTRIENTS AFFECTED
Acid Reducing Medications	Omeprazole, Esomeprazole, Prilosec, Nexium, Zegerid, Prevacid  <b>H2 Receptor Antagonist:</b> Cimetidine, Ranitidine, Famotidine, Pepcid, Tagamet, Zantac	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Vitamin B12</li> <li>• Zinc</li> </ul>
Antibiotics	Augmentin, Bactrim	<ul style="list-style-type: none"> <li>• B Vitamins</li> <li>• Magnesium</li> </ul>
Anticonvulsants	Phenytoin	<ul style="list-style-type: none"> <li>• Biotin</li> <li>• Calcium</li> <li>• Vitamin D</li> </ul>
Antidepressants - Tricyclic	Amitriptyline, Imipramine	Riboflavin ( <i>Vitamin B2</i> )
Antifungals	Fluconazole	<ul style="list-style-type: none"> <li>• Magnesium</li> <li>• Potassium</li> </ul>
Hypertension Medications	<b>Beta Blockers:</b> Atenolol, Metoprolol, Propranolol  <b>Diuretics:</b> Spironolactone, Furosemide	<b>Beta Blockers:</b> Coq10  <b>Diuretics:</b> Magnesium, Thiamin, Zinc
Cholesterol Lowering Medications	<b>Statins:</b> Pravastatin, Simvastatin, Lipitor, Crestor	Coq10
Diabetes Medication	Metformin  <b>Sulfonylures:</b> Glipizide, Glyburide	<b>Metformin:</b> Folate, Vitamin B12  <b>Sulfonylures:</b> Coq10
Hormone Therapy or Contraception	Estradiol, Progesterone, Estriol, Ethinyl Estradiol, Levonorgestrel, Norethindrone	<ul style="list-style-type: none"> <li>• Vitamin B6</li> <li>• Folate</li> <li>• Magnesium</li> </ul>
NSAIDS	Ibuprofen, Naproxen	Folate