

Drug-Induced Nutrient Depletions

Prescription Drug Category	Nutrients Depleted	Designs for Health Suggested Supplements
Female Hormones		
Estrogen replacement therapy	Vitamin B6, magnesium, folic acid	B-Supreme, Magnesium Malate Chelate, Magnesium Glycinate Chelate
Oral contraceptives	Vitamins B1, B2, B3, B6, B12, C, folic acid, magnesium, selenium, zinc, tyrosine	B-Supreme, Magnesium Malate Chelate, Magnesium Glycinate Chelate, Super Liquid Folate, Zinc Supreme, Ultra B12 Folate, Twice Daily Multi
Blood Pressure Regulators		
Hydralazine diuretics: Apresoline, Apresazide	Vitamin B6, Coenzyme Q10, mag	B-Supreme, Q-Avail, Magnesium
Loop diuretics: Lasix, Bumex, Edecrin	Calcium, magnesium, potassium, Sodium, zinc, vitamins B1, B6, C	Calcium Malate Chelate, Magnesium Malate Chelate, Magnesium Glycinate, Zinc Supreme, B-Supreme, Stellar C
Thiazide diuretics: Diuril, Enduron, Lozol	Magnesium, phosphorus, potassium, Sodium, zinc, Coenzyme Q10	Potassium K+2, Zinc Supreme, Q-Avail, Magnesium Glycinate, Magnesium Malate Chelate
Potassium-sparing diuretics: Dyazide,	Folic acid, calcium, zinc, magnesium	Super Liquid Folate, Calcium Malate Chelate, Zinc Supreme, OsteoForce
Blood pressure regulators	Zinc	Zinc Supreme
Cholesterol-lowering drugs		
Hydromymethylglutaryl coenzyme A reductase inhibitors (statins): Mevacor	Coenzyme Q10, Omega 3 Fatty Acids	Q-Avail 30, 60, 100mg, Omega Ultra Marine, Omega Synergy, Krill Oil, Genuine Cod Liver Oil, Arctic Marine Oil
Bile acid sequestrants: Questran, Colestid	Vitamins A, D, E, K, B12, beta carotene, folic acid, calcium, iron, magnesium, phosphorus, zinc, fat ("fibrates" deplete vitamin E, B12, copper, zinc)	Twice Daily Multi, Super Liquid Folate, Calcium Malate Chelate, Zinc Supreme, Magnesium Malate Chelate, Magnesium Glycinate
Gemfibrozil	Coenzyme Q10, vitamin E	Q-Avail, High Gamma/Delta Vitamin E
Anticonvulsants		
Phenobarbitol & barbituates	Vitamins D, K, biotin, folic acid, Calcium	OsteoForce, Calcium Malate Chelate
Phenytoin, Dilantin	Vitamins B1, B12, D, K, folic acid, Biotin, calcium	OsteoForce, Super Liquid Folate, B-Supreme, Calcium Malate Chelate

Antiinflammatory Drugs

Carbamazepine, Tegretol	Vitamin D, folic acid, biotin	OsteoForce, B-Supreme
Primidone	Biotin, folic acid, vitamins D, K	OsteoForce, B-Supreme
Valproic acid	Folic acid, carnitine	Super Liquid Folate, Ultra B12 Folate, Carnitine Synergy, Carnitine Tartrate Powder, CarniClear Liquid
Corticosteroids: Prednisone, Cortef	Vitamins A, C, D, B12, folic acid, calcium, chromium, magnesium, potassium, selenium, zinc	Vitamin D Synergy, Twice Daily Multi, Magnesium Chelate, Magnesium Glycinate, Calcium Malate Chelate, Potassium K+2, Chromium Synergy, Zinc Supreme
Gout medications; Colchicine	Beta carotene, vitamin B12, Calcium, sodium, potassium, phosphorus	Twice Daily Multi, Potassium K+2
Sulfasalazine, Azulfidine	Folic acid	Super Liquid Folate
Indomethacin, Indocin	Folic acid, iron, vitamin C	Super Liquid Folate, Ferrochel, Ultra B12 Folate
Other nonsteroidal anti-inflammatory drugs: Ibuprofen, Naproxen	Folic acid	Super Liquid Folate, Ultra B12 Folate

Antibiotics

Antibiotics (general)	Acidophilus, Bifidus, all B vitamins, vitamin K, C	Twice Daily Multi, Probiotic Synergy caps and powder, B-Supreme, Vitamin D Synergy (with K)
Tetracycline antibiotics	Calcium, magnesium, iron, Zn, B6, B12	Calcium Malate Chelate, Magnesium Malate Chelate, Magnesium Glycinate, Ferrochel, Sublingual B6 (w. Zn and Mg)
Tuberculosis drugs: Isoniazid	Vitamin B3, B6, D	B-Supreme, Twice Daily Multi, Niacin Supreme, Vitamin D Synergy
Neomycin	Beta-carotene, calcium, magnesium, iron, potassium, vitamin A, B12	Calcium Malate Chelate, Magnesium Malate Chelate, Magnesium Glycinate, Twice Daily Multi, Potassium K+2,
Trimethoprim, Bactrim, Septra	Biotin, folic acid, inositol, B vitamins, vitamin K	B-Supreme, Inositol caps or powder, Twice Daily Multi, Vitamin D Synergy (with K), OsteoForce

Antidiabetic drugs

Sulfonylureas: Micronase, Diabeta	Coenzyme Q10, vitamin E	Q-Avail, High Gamma/Delta Vitamin E
Biguanides	Coenzyme Q10, vitamin B12,	Q-Avail, folic acid

Ulcer medications

H2-receptor antagonists: Axid, Pepcid Tagamet, Zantac	Vitamin B12, folic acid, vitamin D	Ultra B12 Folate, B-Supreme, Zinc Supreme, Calcium Malate Chelate, OsteoForce, Ferrochel
Proton pump inhibitors: Prilosec, Prevacid	Vitamin B12 (protein)*	Ultra B12 Folate (when protein ingested take Plant Digestive Enzymes or Digestzymes)

Other categories and/or commonly prescribed drugs

Digoxin	Calcium, magnesium, phosphorus	OsteoForce, Calcium Malate Chelate, Magnesium Malate Chelate
Beta blockers: Inderal, Lopressor,	Coenzyme Q10, melatonin	Q-Avail, B-Supreme
Tricyclic antidepressants	Coenzyme Q10, vitamin B2	Q-Avail, B-Supreme
Phenothiazines	Coenzyme Q10, vitamin B2, melatonin	Q-Avail, B-Supreme, Melatonin
Potassium chloride supplementation	Vitamin B12	Ultra B12 Folate
Chemotherapeutic drugs	Most nutrients	Twice Daily Multi, DFH Complete Multi, Vitavescence
Theophylline	Vitamin B6	B-Supreme, Water Ease
Anticoagulants	Vitamin K	Vitamin D Synergy (with K)
Reverse transcriptase inhibitors	Copper, zinc, vitamin B12, carnitine	OsteoForce, Zinc Supreme, B-Supreme, Carnitine Synergy, Carnitine Tartrate powder, CarniClear Liquid

Over-the-counter drugs

Aspirin	Vitamin C, folic acid, iron, potassium	Stellar C, Super Liquid Folate, Ferrochel, Potassium K+2
NSAIDs	Folic acid	Super Liquid Folate
Laxatives-mineral oil	Vitamins A, D, E, K, beta carotene	Twice Daily Multi, Ultimate Antioxidant LS, Vitamin D Synergy
Laxatives-bisacodyl	Potassium	Potassium K+2
Magnesium and aluminum antacids	Calcium, phosphate, folic acid (protein)*	OsteoForce, DFH Complete Multi, (when protein ingested take Plant Digestive Enzymes or Digestzymes)
Sodium bicarbonate	Folic acid, magnesium, potassium (protein)*	OsteoForce, Magnesium Glycinate Chelate, Potassium K+2, (when protein ingested take Plant Digestive Enzymes or Digestzymes)
Ulcer medications: Pepcid, Tagamet	Vitamin B12, folic acid, vitamin D, Zinc	OsteoForce, Ultra B12 Folate, Twice Daily Multi

*Problems with the digestion of proteins with use of these drugs have not been documented by scientific studies. However, it is well known that stomach acid is required for proper protein digestion. Therefore, drugs that either neutralize stomach acid or suppress the production of stomach acid are likely to have a negative effect on protein digestion. The passing of undigested protein from the stomach into the small intestine may also contribute to health problems such as leaky gut syndrome.