

Drug-Induced Nutrient Depletions

Supplementation to consider with long term drug usage

Drug Category	Nutrients Depleted
5-ASA Sulfasalazine, Colaza®1, Mesalamine	Folic Acid
ANEMIA Aranesp®, Epogen®, Procrit®, Neulasta®	None Reported
ANTACIDS (H-2 Blockers, Proton Pump Inhibitors) Nexium®, Prevacid®, Protonix®, Maalox®, Mylanta®, Tagamet®, TUMS®, Pepcid®, Zantac®	Calcium (possible) Vitamin B12 (possible) Phosphorus Vitamin D Folic Acid Iron Zinc Vitamin B1
ANTIBIOTICS Amoxicillin*, Ampicillin, Pennicillin, Tetracycline, Cephalosporin, Ciprofloxacin	Bifidobacteria species Lactobacillus species Biotin Potassium Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B6 Vitamin B12 Vitamin C Vitamin E Vitamin K Inositol Magnesium Zinc
ANTICOAGULANTS Warfarin*	None Reported.
ANTIDEPRESSANTS (SSRI's) Lexapro®, Zoloft®, Prozac®, Zoloft®, Paxil®	Folic Acid Vitamin B6 Vitamin B12 Vitamin D EFAs (increased need) Sodium
ANTI-DIABETICS Actos®, Metformin*, Glucotrol®, Avandia	CoQ10 Folic Acid Vitamin B12
ANTI-HISTAMINES Singulair®, Zyrtec®	EFAs (increased need)

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ANTIRETROVIRALS Epivir®, Ziagen®	Zinc Copper Vitamin B12 Carnitine
ANTIHYPERTENSIVES (ACE Inhibitors, Beta-Blockers) Toprol-XL®, Norvasc®, Lisinopril®, Furosemide*, Chlorthalidone, Digoxin, Clonidine, Propranolol	CoQ10 Phosphorous Potassium Sodium Zinc Calcium Magnesium Vitamin B1
ANTI-INFLAMMATORIES Aspirin, Acetaminophen, Ibuprofen, Naproxen	Folic Acid Iron Potassium Sodium Vitamin C Glutathione
BRONCHODILATORS Advair Diskus*, Singulair*, Albuterol*	Potassium
CHOLESTEROL-LOWERING (STATINS) Lipitor®, Zocor®, Pravachol®, Cholestyramine, Colesevelam, Fenofibrate	COq10 Beta-Carotene Calcium Folic Acid Iron Magnesium Phosphorus Vitamin A Vitamin B12 Vitamin D Vitamin E Vitamin K
CORTICOSTEROIDS Prednsone, Hydrocortisone, Prednisole, Betamethasone	Calcium Folic Acid Magnesium Potassium Selenium Vitamin A Vitamin B6 Vitamin C Vitamin D Vitamin K Zinc

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DIURETICS Furosemide, Hydrochlorothiazide, Triamterene	Calcium Magnesium Potassium Sodium Vitamin B1 Vitamin B6 Vitamin C Zinc CoQ10 Folic Acid
GOUT Colchicine	Vitamin A Vitamin D Vitamin B12 Folic Acid Iron Potassium
HORMONE REPLACEMENT THERAPY Estrace®, Premarin®, Prempro®, Alora®	Vitamin B6 Magnesium Vitamin B1 Vitamin B2 Biotin Vitamin B12 Pantothenic Acid Vitamin C
LAXATIVES	Vitamin A Vitamin D Vitamin E Calcium Sodium Potassium
ORAL CONTRACEPTIVES Ortho Cyclen®, Ortho Novum®, Ortho TriCyclen®, Triphasil®, Seasonale®, Yasmin®, Ethinyl Estradiol Plus Norgestrel	Beta Carotene Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B6 Vitamin B12 Folic Acid Biotin Pantothenic Acid Vitamin C Magnesium Zinc Tryptophan Tyrosine
PSYCHOTHERAPEUTICS Seroquel®, Risperdal®, Zyprexa®, Haldol, Amitriptyline	Vitamin B2 CoQ10

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RHEUMATOID ARTHRITIS Enbrel®*, Remicade®*, Methotrexate	Folic Acid
SLEEP AIDS Ambien®*, Lunesta®, Restoil®, Sonata®	None Reported. F However, since many sleep aids/sedatives act on the GABA-A receptor complex, it may be deduced that they “may” act similar to anticonvulsants which also act on the GABA-A receptor, and whose depletions included: Biotin Calcium Folic Acid Vitamin B12 Vitamin B1 Vitamin D Vitamin K
THYROID Synthroid®*, Levothyroxine Sodium*	Iron

* Indicates a “Top 20” Drug, either by volume of sales or by quantity of prescriptions dispersed. (source: IMS Health© 2006, Pharmacy Times©2007)

This list is meant for informational purposes only. Individuals should not rely solely on this chart for information on drug-nutrient depletions, but rather use it as a starting point or quick reference. Branded drug names are designated as examples for sake of familiarity. The listing of registered or branded products is not to be construed as singling out the actions of that particular drug, but is meant to be a generalized representative of the drugs within the category. Inclusion on the list is not indicative of endorsement, nor should it be viewed as inclusive. Variations in drug-nutrient depletions may exist between drugs within the same category. Additionally, many drug companies do not perform mechanistic studies to determine what effect, if any, their medication have on nutrient status. Therefore, listings should act as a generalized guideline, and should not take the place of appropriate and specific advice from a licensed healthcare provider.

Resources

Pelton, Lavalley, Hawkins, Krinsky. *Drug-Induced Nutrient Depletion Handbook*. Lexi-Comp; 2nd Ed.,2001.

Pelton R. Lavalley. *The Nutritional Cost of Prescription Drugs.*, Morton Publishing Co., 2nd Ed., 2004.

Vaglini F, Fox B, *The Side Effects Bible: The Dietary Solution to Unwanted Side Effects of Common Medications*. Broadway, 2005.