

## Drugs that ‘Gobble’ Vitamins

When taken regularly, some frequently prescribed medications can diminish or deplete your body’s store of important vitamins, minerals and other essential nutrients.

If you take any medications, talk with a nutrition-oriented medical professional about whether you should add certain supplements to your daily regimen.

Source: Drug-Induced Nutrient Depletion Handbook by R. Pelton et al, Physician’s Desk Reference

Type of Drug	Examples-Name Brands	Nutrients Depleted
<b>Antacids</b>	Pepcid, Tagamet, Zantac	Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron, Zinc
	Prevacid, Prilosec	Vitamin B12
<b>Antibiotics</b>	Amoxicillin, Erythromycin, Penicillin, Tetracycline	“Friendly” and beneficial intestinal bacteria
<b>Antidepressants</b>	Adapin, Aventyl, Elavil, Tofranil	Vitamin B2, CoQ <sub>10</sub>
<b>Antidiabetic Drugs</b>	Dymelor, Micronase, Tolinase	CoQ <sub>10</sub>
	Glucophage	Vitamin B12
<b>Anti-inflammatories</b>	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
<b>Blood Pressure Lowering Drugs</b>	Apresoline	Vitamin B6, CoQ <sub>10</sub>
	Bumex, Edecrin, Lasix	Vitamin B1, Vitamin B6, Vitamin C, Magnesium, Calcium, Potassium, Zinc
	Aquatensen, Lozol, Zaroxolyn	CoQ <sub>10</sub> , Magnesium, Potassium, Zinc
	Dyrenium	Folic Acid, Calcium, Zinc
	Blocadren, Cartrol, Corguard, Inderal, Kerlone, Lopressor, Normodyne, Sectral, Tenormin, Viskin	CoQ <sub>10</sub>
<b>Cholesterol Lowering Drugs</b>	Baycol, Lescol, Lipitor, Mevacor, Zocor	CoQ <sub>10</sub>
	Colestid, Questran	Vitamin A, Beta-Carotene, Vitamin B12, Vitamin D, Vitamin E, Vitamin K, Folic Acid, Iron
<b>Hormone Replacement Therapy (HRT)</b>	Evista, Prempro, Premarin, Estratab	Vitamin B2, Vitamin B6, Vitamin B12, Folic Acid, Vitamin C, Magnesium, Zinc
<b>Oral Contraceptives</b>	Estrastep, Norinyl, Ortho-Novem, Triphasil	Vitamin B2, Vitamin B6, Vitamin B12, Folic Acid, Vitamin C, Magnesium, Zinc
<b>Tranquilizers</b>	Ormazine, Mellaril, Prolixin, Thorazine	Vitamin B2, CoQ <sub>10</sub>
	Haldol	CoQ <sub>10</sub>