

## DRUGS THAT CAN DEplete VITAMINS AND MINERALS

Despite the focus on eating a healthier diet as a tool for staying healthy, prescription or non-prescription drugs may be necessary from time to time. Unfortunately, many of these drugs can cause the body to lose nutrients. The medical name for this is '*drug-induced nutrient depletion*'. This topic is of vital significance to both health professionals and the general public.

For decades, studies have documented that many commonly prescribed drugs can cause the depletion of one or more nutrients. Unfortunately, this information does not receive the publicity and attention it deserves. Researchers believe that many of the side effects from drugs may actually be due to the nutrient depletions that are caused by the drugs, when taken over time. *In 1998, 11 of the top 20 drugs prescribed were drugs for which studies showed potential nutrient depletion.*

Below is a list of the nutrients that may be depleted by long term use of some commonly prescribed medications. Both over-the-counter and prescription medications have the potential to deplete nutrients from the body. Because so many people depend on medications to maintain their health, simply removing medications or stopping the use of medications is not necessarily the answer. Changing the use of medications must be done only under the supervision of a physician. However, you can make changes in your lifestyle, particularly through proper diet and supplements, to help replace the nutrients that may be depleted during the use of medications.

If you take any of the below medications regularly, you should discuss possible diet changes or supplementation with your health care provider in order to prevent deficiencies from developing.

DRUG CATEGORY	NUTRIENTS DEPLETED
<b>ANTACIDS</b>	
All that contain aluminum or magnesium	Calcium, phosphorus
<b>ANTIBIOTICS</b>	
All	B Vitamins, Vitamin K Lactobacillus Acidophilus
Tetracycline, Doxycycline Bactrim, Septra	Magnesium, Calcium
<b>ANTIDIABETICS</b>	
Sulfonylureas: Glynase, Prandin, Glucotrol	Coenzyme Q10
Metformin (Glucophage)	Vitamin B12
<b>ANTI-INFLAMMATORIES</b>	
Aspirin	Vitamin C, Folic Acid, Potassium, Iron Sodium
NSAIDS (All)	Folic Acid, Melatonin
Corticosteroid (Prednisone, etc.)	Calcium, Vitamin D, Potassium, Zinc Vitamin C, Magnesium, Folic Acid, Selenium

# AGE-MANAGEMENT MEDICINE ♦ FOR A LIFETIME OF HEALTH

DRUG CATEGORY	NUTRIENTS DEPLETED
<b>BENZODIAZEPINES</b>	
Valium, Ativan	Melatonin
<b>CARDIAC AND HYPERTENSION DRUGS</b>	
Lasix, Bumex	Calcium, Magnesium, Vitamin B1, Vitamin B6, Vitamin C, Potassium, Zinc
Hydrochlorthiazide(HCTZ), Hydrodiuril	Magnesium, Potassium, Zinc
Dyazide, Maxide	Calcium, Folic Acid, Zinc
ACE Inhibitors(Prinivil, Zestril, Altace etc)	Zinc
Clonidine, Aldomet	Coenzyme Q10
Beta-Blockers	Coenzyme Q10, Melatonin
Digoxin	Calcium, Magnesium, Phosphorous, Vitamin B1
<b>CHOLESTEROL LOWERING DRUGS</b>	
All Statins(Lipitor, Pracachol, Zocor, etc)	Coenzyme Q10
Bile Acid Binders(Cholestyramine, Colestipol)	Vitamin A, Vitamin D, Vitamin E Vitamin K, Vitamin B12, Folic Acid, Iron, Calcium, Magnesium, Phosphorous, Zinc
<b>FEMALE HORMONES</b>	
Birth Control Pills	Vitamins B2, Vitamin B6, Vitamin B12, Vitamin C, Folic Acid, Magnesium, Zinc
Estrogens	Magnesium, Zinc, Vitamin B6
<b>ULCER MEDICATIONS</b>	
H2- Blockers	
Tagamet, Pepcid, Zantac, Axid	Vitamins B12, Vitamin D Folic Acid, Calcium, Iron, Zinc
Proton Pump Inhibitors	
Prevacid, Protonix, Aciphex, Nexium Prilosec	Vitamin B12