

Methylprednisolone (Depo-Medrol)

Calcium, Zinc, Folic Acid, Magnesium, Potassium, Selenium, Vitamin D, Vitamin C

Metolazone (Zaroxolyn)

Sodium, CoQ10, Magnesium, Phosphorous, Potassium, Zinc

Metoprolol (Lopressor, Toprol)

CoQ10

Metformin (Glucophage)

B Complex Vitamins

Mineral Oil (Fleet-Enema)

Vitamin K, Vitamin D, Vitamin E, Vitamin A, Calcium, Phosphorous, Potassium, Beta Carotene

Neomycin (Neo-Tabs)

Vitamin A, Beta Carotene, Calcium, Iron, Lactobacillus Acidophilus, Magnesium, Potassium, Vitamin B12, Vitamin B6, Sodium, Vitamin D, Vitamin K,

Nevirapine (Viramune)

Copper, Vitamin B12, Zinc, Carnitine

Nizatidine (Axid)

Calcium, Zinc, Folic Acid, Vitamin D, Iron, Vitamin B12

Norethindrone (Micronor and most oral contraceptives)

Folic Acid, Magnesium, B Complex Vitamins, Vitamin C, Zinc

Nortriptyline (Pamelor)

CoQ10, B Complex Vitamins (especially B2)

Olsalazine (Dipentum)

B Complex Vitamins (especially Folic Acid)

Omeprazole (Prilosec)

B Complex Vitamins (especially B12)

Orlistat (Xenical)

Vitamin D, Vitamin E, Beta Carotene

Oxcarbazepine (Trileptal)

Biotin, Calcium, Folic Acid, Vitamin D

Oxycodone (Oxycontin) Compounds

Folic Acid, Glutathione, Iron, Potassium, Sodium, Vitamin C

Pantoprazole (Protonix)

B Complex Vitamins (especially B12)

Paroxetine (Paxil)

Sodium

Penicillamine (Depen, Cuprimine)

Copper, Magnesium, Vitamin B6, Zinc, Sodium

Phenobarbital (Luminal)

Calcium, Biotin, Folic Acid, Vitamin D, Vitamin K

Phenytoin (Dilantin)

Vitamin D, Vitamin K, B Complex Vitamins, Calcium, Biotin

Phenelzine (Nardil)

Vitamin B6

Polythiazide (Renese)

CoQ10, Magnesium, Phosphorous, Zinc, Sodium, Potassium

Pravastatin (Pravachol)

CoQ10

Prazosin and Polythiazide (Minizide)

Potassium, Phosphorous, Magnesium, CoQ10, Sodium, Zinc

Prednisolone (PredForte)

Magnesium, Vitamin C, Selenium, Potassium, Vitamin D, Zinc, Calcium, Folic Acid

Prednisone (Deltasone)

Vitamin C, Vitamin D, Zinc, Selenium, Potassium, Magnesium, Folic Acid, Calcium

Primidone (Mysoline)

Biotin, Calcium, Folic Acid, Vitamin D, Vitamin K

Prochlorperazine (Compazine)

CoQ10, B Complex Vitamins (especially B2)

Promazine (Sparine)

CoQ10, B Complex Vitamins

Promethazine (Phenazine, Anergan)

CoQ10, B Complex Vitamins (especially B2)

Propoxyphene and Acetaminophen (Darvocet-n)

Glutathione

Propranolol (Inderal) Compounds

CoQ10, Magnesium, Phosphorous, Potassium, Sodium, Zinc

Protriptyline (Vivactil)

B Complex Vitamins, CoQ10

Quinapril (Accupril and most ACE Inhibitors)

Zinc

Quinestrol (Estrovis)

Vitamin B6, Magnesium

Quinethazone (Hydromox)

Potassium, CoQ10, Zinc, Magnesium

Rabeprazole (Aciphex)

B Complex Vitamins (especially B12)

Raloxifene (Evista)

Magnesium, B Complex Vitamins (especially B6)

Ramipril (Altace)

Zinc

Ranitidine (Zantac, Tritec) Compounds

Folic Acid, Vitamin B12, Calcium, Iron, Vitamin D, Zinc

Repaglinide (Prandin)

CoQ10

Rifampin/Rifabutin/Isoniazid

Vitamin D, B Complex Vitamins, (especially B3 and B6)

Rofecoxib (Vioxx)

B Complex Vitamins (especially B9 and Folic Acid)

Sertraline (Zoloft)

Sodium

Simvastatin (Zocor)

CoQ10

Sotalol (Betapace)

CoQ10

Stanozolol (Winstrol) Synthetic Anabolic Steroids

Iron

Stavudine (Zerit) d4T

Vitamin B12, Zinc, Copper, Carnitine

Sucralfate (Carafate)

Phosphorous, Calcium

Sulfasalazine (Azulfidine)

B Complex Vitamins (especially Folic Acid)

Sulindac (Clinoril)

B Complex Vitamins (especially Folic Acid)

Synthroid/Levoxyl/Levothyroxine**(Synthetic Thyroid Hormones)**

Calcium

Tacrolimus (Prograf)

Magnesium, Potassium

Telmisartan and Hydrochlorothiazide (Micardis HCT)

Sodium, Zinc, Potassium, Phosphorous, Magnesium, CoQ10

Theophylline (Slo-Phyllin, Aerolate)

B Complex Vitamins (especially B1, B6), Potassium, Magnesium

Thioridazine (Mellaril)

CoQ10, B Complex Vitamins (especially B2)

Timolol (Blocadren)

CoQ10

Tolbutamide (Orinase)

CoQ10

Torseimide (Demadex)

Vitamin C, B Complex Vitamins (especially B1 and B6), Zinc, Sodium, Potassium, Magnesium

Trandolapril and Verapamil (Tarka)

Zinc

Triamcinolone (Azmecort, Aristocort)

Folic Acid, Potassium, Magnesium, Calcium, Selenium, Vitamin C, Vitamin D, Zinc

Triamterene and Hydrochlorothiazide**(Maxzide, Dyazide) Compounds**

Calcium, Folic Acid, Zinc

Trichlormethiazide (Metahydrin)

Zinc, Sodium, CoQ10, Magnesium, Phosphorous, Potassium

Trifluoperazine (Stelazine)

B Complex Vitamins (especially B2), CoQ10

Trimipramine (Surmontil)

CoQ10, Vitamin B2

Valproic Acid Compounds (Depakene)

Folic Acid, Carnitine, Copper

Valsartan and Hydrochlorothiazide (Diovan HCTZ)

Sodium, Zinc, CoQ10, Magnesium, Phosphorous, Potassium

Zalcitabine (Hivid)

Copper, Zinc, Carnitine, Vitamin B12

Zidovudine (Retrovir) AZT related HIV Compounds

Copper, Vitamin B12, Carnitine, Zinc

Zonisamide (Zonegran)

Folic Acid, Biotin, Calcium, Inositol, Thiamine

Are Prescription Drugs Depleting Necessary Vitamins and Minerals from Your Body?

Drug-Induced Nutrient Depletion Guide



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The Vitamin People

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Use of prescribed and over-the-counter drugs can cause depletion of one or more vital nutrients in the body. The drugs may interfere with the body's absorption of an essential nutrient or vitamin, or the body's production of an important biochemical. Listed in this guide are many of the most frequently prescribed drugs, and the resulting nutrients they deplete.



Acebutolol (Sectral)

CoQ10

Acetaminophen (Tylenol)(APAP)

Glutathione

Acetazolamide (Diamox)

Potassium, Sodium

Acetohexamide (Dymelor)

CoQ10

Albuterol (Proventil)

Calcium, Magnesium, Potassium, Phosphorous

Amoxicillin (and most other antibiotics)

Biotin, Calcium, Inositol, Magnesium, Potassium, Sodium, B Complex Vitamins, Vitamin K

Amiloride (Midamor)

Folic Acid, Calcium

Amiloride and Hydrochlorothiazide (Moduretic)

Magnesium, Phosphorous, CoQ10, Potassium, Sodium, Zinc

Amitriptyline (Elavil)

CoQ10, Vitamin B2

Amphotericin B (Fungizone)

Calcium, Magnesium, Potassium, Sodium

Atenolol and Chlorthalidone (Tenoretic)

CoQ10, Magnesium, Phosphorous, Potassium, Sodium, Zinc

Atorvastatin (Lipitor)

CoQ10

Benazepril (Lotensin)

Zinc

Betamethasone (Diprolene)

Calcium, Folic Acid, Magnesium, Potassium, Selenium, Vitamin C, Vitamin D, Zinc

Bisoprolol (Zebeta)

CoQ10

Budesonide (Pulmicort)

Folic Acid, Calcium, Potassium, Magnesium, Selenium, Vitamin C, Vitamin D, Zinc

Bumetanide (Bumex)

Vitamin C, B Complex Vitamins, Sodium, Potassium, Calcium, Magnesium, Zinc

Butabarbital Sodium (Butalan)

Vitamin D, Vitamin K, Folic Acid, Biotin, Calcium

Butalbital Compounds

Folic Acid, Calcium, Biotin, Vitamin D, Vitamin K

Candesartan & Hydrochlorothiazide (Atacand)

CoQ10, Zinc, Potassium, Sodium, Phosphorous, Magnesium

Captopril (Capoten)

Zinc

Carbamazepine (Tegretol)

Vitamin D, Calcium, Folic Acid, Biotin

Carisoprodol (Soma) Compounds

Vitamin C, Sodium, Folic Acid, Iron, Potassium

Carvedilol (Coreg)

CoQ10

Celecoxib (Celebrex)

B Complex Vitamins, especially Folic Acid

Chlorothiazide (Diuril and other Thiazide Diuretics)

Sodium, CoQ10, Zinc, Potassium, Phosphorous, Magnesium

Chlorotrianisene (Tace)

Magnesium, B Complex Vitamin

Chlorpromazine (Thorazine)

CoQ10, B Complex Vitamins

Chlorpropamide (Diabinese)

CoQ10

Cholestyramine Resin (Questran)

Vitamin A, Beta Carotene, Vitamin B12, Vitamin D, Vitamin K, Zinc, Vitamin E, Phosphorous, Magnesium, Iron, Folic Acid, Calcium

Cimetidine (Tagamet)

Zinc, Calcium, Folic Acid, Iron, Vitamin D, B Complex Vitamins

Clomipramine (Anafranil)

B Complex Vitamins, CoQ10

Clonidine (Catapres)

CoQ10

Colchicine

Vitamin B12, Sodium, Potassium, Calcium, Beta Carotene

Colestipol (Colestid)

Beta Carotene, Folic Acid, Iron, Vitamin A, Vitamin B12, Vitamin D, Vitamin E

Cortisone (Cortone)

Vitamin C, Vitamin D, Zinc, Selenium, Potassium, Magnesium, Folic Acid, Calcium

Cyclosporine (Sandimmune, Neoral)

Potassium, Magnesium

Cyclothiazide (Anhydron)

Sodium, Vitamin B6, Zinc, Potassium, Phosphorous, Magnesium, CoQ10

Delavirdine (Rescriptor)

Vitamin B12, Zinc, Copper, Carnitine

Desipramine (Norpramin)

CoQ10, Vitamin B2

Dexamethasone (Corticosteroid, Decadron)

Calcium, Folic Acid, Magnesium, Potassium, Selenium, Vitamin C, Vitamin D, Zinc

Diclofenac and Misoprostol (Arthrotec)

B Complex Vitamins (especially Folic Acid)

Didanosine (Videx)

Copper, Carnitine, Vitamin B12, Zinc

Diethylstilbestrol (Stilphostrol)

Magnesium, B Complex Vitamins (especially B6)

Digoxin (Lanoxin)

Phosphorous, Calcium, Magnesium, B Complex Vitamins (especially B1)

Enalapril (Vasotec) Compounds

Zinc, B Complex Vitamin, Sodium, Potassium, Phosphorous, Magnesium, CoQ10

Enoxacin (Penetrex)

Potassium, B Complex Vitamins, Zinc, Magnesium, CoQ10

Estradiol Compounds

B Complex Vitamins, Magnesium, Vitamin C, Zinc, Tyrosine

Estrogen and Medroxyprogesterone (Prempro)

B Complex Vitamins, Zinc, Vitamin C, Magnesium

Estrogen (Conjugated, Premarin)

B Complex Vitamins (especially Vitamin B-6, Magnesium)

Ethacrynic Acid (Edecrin)

Calcium, Magnesium, Potassium, Sodium, B Complex, Vitamins, Vitamin C, Zinc

Ethinyl Estradiol Compounds and most oral contraceptives

B Complex Vitamins, Zinc, Magnesium, Vitamin C, Tyrosin

Ethosuximide (Zarontin)

Vitamin D, Vitamin K, Folic Acid, Calcium, Biotin

Famotidine (Pepcid)

Calcium, Folic Acid, Iron, B12, Vitamin D, Zinc

Fenofibrate (Tricor)

CoQ10

Flucytosine (Ancobon)

Calcium, Magnesium, Potassium, Sodium

Fluocinolone (Lidemol)

Zinc, Vitamin C, Vitamin D, Selenium, Potassium, Magnesium, Folic Acid, Calcium

Fluticasone (Flonase, Flovent) Compounds

Calcium, Folic Acid, Magnesium, Potassium, Selenium, Vitamin C, Vitamin D, Zinc

Fluvastatin (Lescol)

CoQ10

Foscarnet (Foscavir)

Potassium, Phosphorous, Calcium, Magnesium

Fosphenytoin (Cerebyx)

Biotin, B Complex Vitamins, Vitamin K, Vitamin D, Calcium

Furosemide (Lasix)

Calcium, Potassium, Sodium, Magnesium, B Complex Vitamins, Vitamin C, Zinc

Gemfibrozil (Lopid)

Vitamin E, CoQ10

Glimepiride (Amaryl)

CoQ10

Glipizide/Glyburide (and most anti-diabetic agents)

CoQ10, Folic Acid, Vitamin B12

Haloperidol (Haldol)

CoQ10

Hydralazine (Apresoline) Compounds

CoQ10, Magnesium, Potassium, Vitamin B6, Zinc, Phosphorous, Sodium

Hydrochlorothiazide (Microzide) Compounds

Sodium, Potassium, Zinc, Magnesium, Phosphorous, CoQ10, Calcium, Folic Acid

Hydrocodone Compounds

Folic Acid, Iron, Vitamin C, Sodium, Potassium

Hydrocortisone Compounds (Cortizone)

Selenium, Vitamin C, Potassium, Magnesium, Folic Acid, Calcium, Vitamin D, Zinc

Ibuprofen (Advil, Motrin, and most NSAIDS)

Iron, Calcium, Folic Acid, Vitamin C

Imipramine (Tofranil)

CoQ10, B Complex Vitamins

Indapamide (Lozol)

CoQ10, Magnesium, Zinc, Sodium, Potassium, Phosphorous

Irbesartan and Hydrochlorothiazide (Avapro HCTZ)

Sodium, Zinc, Magnesium, Phosphorous, Calcium, Potassium, CoQ10

Isoniazid (Laniazid) INH

B Complex Vitamins, Vitamin D

Lansoprazole (Prevacid)

B Complex Vitamins (especially B12)

Levodopa (Dopar, Larodopa)

Potassium

Levodopa and Carbidopa (Sinemet)

The same as for Levodopa (above)

Levonorgestrel (Norplant)

B Complex Vitamins, Magnesium, Vitamin C, Zinc

Lisinopril (Prinivil, Zestril)

Zinc

Lithium (Lithobid)

Inositol

Losartan and Hydrochlorothiazide (Hyzaar)

Sodium, Zinc, CoQ10, Magnesium, Phosphorous, Potassium, Calcium

Lovastatin (Mevacor)

CoQ10

Methocarbamol and Aspirin (Robaxisal)

Folic Acid, Iron, Potassium, Sodium, Vitamin C

Methotrexate (Folex)

Folic Acid

Methyldopa (Aldomet) Compounds

CoQ10, Magnesium, Phosphorous, Potassium, Sodium, Zinc, Vitamin B6, Vitamin B12