

Over-The-Counter (OTC) Medication that Depletes Important Nutrients

Commonly used non-prescription medication, even those used by your child, can cause serious and debilitating depletion of nutrients

DRUG	DEPLETION
Acetaminophen (Tylenol)	Coenzyme Q10, Glutathione
Antacids (Amphojel, Basaljel, Gaviscon, Gelusil, Maalox, Mylanta)	Folic Acid, Vitamins A, B1 and D, Calcium, Chromium, Copper, Iron, Magnesium, Phosphorus, Zinc
Aspirin (Anacin, Bayer Aspirin, Bufferin, Ecotrin)	Folic Acid, Vitamins B2, B6, C and D, Calcium, Iron, Potassium, Zinc
Laxatives with Bisacodyl (Carter's Little Pills, Correctol, Dulcolax, Feen-a-Mint, PMS-Bisacodyl)	Calcium, Potassium
Laxatives Mineral Oil (Mineral Oil)	Beta-Carotene, Vitamins A, D, E, Calcium
NSAIDs for pain and inflammation (Ibuprofen, Advil, Children's Advil, Motrin, Midol IB, Nuprin, Actron, Orudis KT, Aleve, Naproxen)	Folic Acid, Melatonin, Iron and Zinc
Ulcer Medication H2 Histamine Inhibitors (Pepcid AC, Tagamet HB, Axid AR, Zantac 75)	Folic Acid, Vitamins B1, B12, D, Calcium, Iron, Zinc
Ulcer Medication Proton Pump Inhibitors (Prilosec)	Folic Acid, Vitamins B1 and B12, Calcium, Iron, and Zinc

**Information resources; University of Maryland Medical Center Complementary and Alternative Medicine Index, Drug-Herb-Vitamin Interactions Bible; Prima Publishing, The Side Effects Bible; Broadway Books, A-Z Guide to Drug-Herb-Vitamin Interactions; Prima Health Herb Contraindications and Drug Interactions; Eclectic Medical Publications, Drug-Induced Nutrient Depletion Handbook; Lexi-Comp, TauMed Beta, PubMed Journals.*