

Prescription Drug Depletion Chart

“Are You Sure... you’re protecting yourself when taking medications?”

Drug category and members (brand name in parenthesis)

Nutrients Depleted

<p>Ephalosporin antibiotics: <i>Cefprozil (Cefzil), Cefuroxime (Ceftin), Loracarbef (Lorabid)</i> Macrolide antibiotics: <i>Azithromycin (Zithromax), Clarithromycin (Biaxin), Erythromycin</i> Penicillin antibiotics: <i>Amoxicillin, Penicillin V Potassium</i> Quinolone antibiotics: <i>Ciprofloxacin (Cipro), Gatifloxacin (Tequin), Levofloxacin (Levaquin), Lomefloxacin (Maxaquin), Moxifloxacin (Avelox), Norfloxacin (Noroxin), Ofloxacin (Floxin), Sparfloxacin (Zagam), Trofloxacin (Trovan)</i> Sulfa Drug antibiotics: <i>sulfamethoxazole-trimethoprim (Bactrim, Septra)</i></p>	<p>Vitamins B1, B2, B6, Friendly intestinal bacteria, Folic Acid, Niacin, B12, Vitamin K, Biotin, Inositol</p>
<p>Tetracycline antibiotics: <i>Doxycycline (Doryx, Periostat, Vibramycin), Minocycline (Minocin), Tetracycline (Achromycin, Sumycin)</i></p>	<p><i>All The Above Plus:</i> Vitamin C, Calcium, Iron, Magnesium, Zinc</p>
<p>SSRI Antidepressants: <i>Fluoxetine (Prozac)</i></p>	<p>Melatonin</p>
<p>Tricyclic Antidepressants: <i>Amitriptyline (Elavil), Amoxapine (Asendin), Clomipramine (Anafranil), Desipramine, (Norpramin), Doxepin (Sinequan), Imipramine (Tofranil), Nortriptyline (Aventyl, Pamelor), Protriptyline (Vivactil),</i></p>	<p>Coenzyme Q10, Vitamin B2</p>
<p>Corticosteroid drugs for inflammation: <i>Beclomethasone (Becloment, Vancenase, Vanceril), Budesonide (Pulmicort, Rhinocort), Dexamethasone (Decadron), Fluticasone (Flonase, Flovent), Hydrocortisone (Cortef), Mometasone (Nasonex), Prednisone (Deltasone, Meticorten), Triamcinolone (Azmacort, Nasacort)</i></p>	<p>Calcium, Magnesium, Potassium, Selenium, Zinc, Beta-Carotene, B6, Folic Acid, B12, C, D, DHEA, Melatonin, Protein and Amino Acids,</p>
<p>NSAID drugs for inflammation: <i>Celecoxib (Celebrex), Diclofenac (Voltaren), Diffunisal (Dolobid), Etodolac (Lodine), Fenoprofen (Nalfon), Ibuprofen (Advil, Motrin, Nuprin), Indomethacin (Indocin), Naproxen (Aleve, Anaprox, Naprosyn), Oxaprozin (Daypro), Piroxicam (Feldene), Sulindac (Clinoril), Tolmetin (Tolectin)</i></p>	<p>Folic Acid Iron, Melatonin, Zinc</p>
<p>Antiretroviral medication: <i>Ribavirin, Zidovudine (Retrovir)</i></p>	<p>Copper and Zinc</p>
<p>Asthma Medication: <i>Albuterol (Proventil, Ventolin)</i></p>	<p>Potassium</p>
<p>Birth Control medication: <i>Numerous combinations of female hormones</i></p>	<p>Magnesium, Vitamin B2, Vitamin B6, Folic Acid</p>
<p>Biguanides for diabetes: <i>Metformin (GlucoPhage)</i></p>	<p>Vitamin B12, Folic Acid</p>
<p>Sulfonylurea for diabetes: <i>Acetohexamide (Dymelor), Chlorpropamide (Diabinese), Glimepiride (Amaryl), Glipizide (Glucotrol), Glyburide (Micronase, Glynase, Diabeta), Tolazamide (Tolinase), Tolbutamide (Orinase)</i></p>	<p>Coenzyme Q10</p>
<p>ACE Inhibiting medication for high blood pressure: <i>Benazepril (Lotensin), Captopril (Capoten), Enalapril (Vasotec), Fosinopril (Monopril), Lisinopril (Prinivil, Zestril), Moexipril (Univasc), Quinapril (Accupril), Ramipril (Altace), Trandolapril (Mavik)</i> Special note: ACE Inhibitors can cause an increase in the level of the mineral Potassium</p>	<p>Zinc</p>
<p>Alpha2-adrenergic agonist medication for high blood pressure: <i>Clonidine (Catapres)</i></p>	<p>Coenzyme Q10</p>
<p>Angiotensin II Receptor Antagonist medication for high blood pressure: <i>Candesartan (Atacand), Irbesartan (Avapro), Losartan (Cozaar), Olmesartan (Benicar), Telmisartan (Micardis), Valsartan (Diovan)</i></p>	<p>Calcium, Magnesium, Zinc, Phosphorus, Coenzyme Q10</p>
<p>Beta Blocker medication for high blood pressure: <i>Acebutolol (Sectral), Atenolol (Tenormin), Betaxolol (Kerlone), Bisoprolol (Zebeta), Carvedilol (Coreg), Metoprolol (Lopressor, Toprol), Nadolol (Corgard), Propranolol (Inderal)</i> Special note: Beta-Blocker drugs frequently cause a decrease in the level of protective HDL-cholesterol; although the drugs do not deplete Chromium, taking this mineral may offset the drop in HDL; 200mcg of Chromium Picolinate is a suggested dosage.</p>	<p>Coenzyme Q10, Melatonin</p>
<p>Vasodilating medication for high blood pressure: <i>Hydralazine (Apresoline)</i></p>	<p>Coenzyme Q10, Magnesium, Vitamin B6</p>
<p>Cardiac Glycoside medication for heart failure: <i>Digoxin (Lanoxin, Lanoxicaps)</i> Special note: although Digoxin does not deplete the mineral Potassium, if you are low in Potassium while on this drug there is an increased risk of drug toxicity</p>	<p>Magnesium, Vitamin B1, Calcium, phosphorus</p>
<p>Bile Acid Sequestrants cholesterol lowering medication: <i>Cholestyramine (Questran), Colestipol (Colestid)</i></p>	<p>Beta-Carotene, Iron, Folic Acid, Vitamins B12, D, E, K</p>

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Statin cholesterol lowering medication: <i>Atorvastatin (Lipitor), Fluvastatin (Lescol), Lovastatin (Mevacor), Pravastatin (Pravachol), Simvastatin (Zocor)</i>	Coenzyme Q10
Fibric Acid cholesterol lowering medication: <i>Gemfibrozil (Lopid)</i>	Coenzyme Q10, Vitamin E
Loop diuretics: Bumetanide (Bumex), Ethacrynic Acid, Furosemide (Lasix)	Calcium, Magnesium, Phosphorus, Potassium, B1, B6, C
Potassium sparing diuretics: <i>Amiloride (Midamor), Spironolactone (Aldactone), Triamterene (Dyrenium)</i>	Calcium, Folic Acid
Thiazide diuretics: <i>Chlorothiazide (Diuril), Hydrochlorothiazide (Esidrix, Hydrodiuril, Oretic), Methyclothiazide (Aquatensen, Enduron), Metolazone (Zaroxolyn)</i>	Potassium, Zinc, Coenzyme Q10, Magnesium
Bisphosphonate bone building medication: <i>Alendronate (Fosamax)</i>	Calcium, Magnesium, Phosphorus
Histamine H2 antagonist ulcer medication: <i>Cimetidine (Tagamet), Famotidine (Pepcid), Nizatidine (Axid)</i>	Calcium, Folic Acid, Iron, Zinc, Vitamins B12, D
Proton Pump inhibiting ulcer medication: <i>Lansoprazole (Prevacid), Omeprazole (Prilosec), Esomeprazole (Nexium), Pantoprazole (Protonix)</i>	Calcium, Iron, Zinc, Folic Acid, Vitamins B1, B12
Pain Relieving Medication Opiate Analgesics: <i>Hydrocodone with APAP or acetaminophen</i>	Folic Acid, Iron, Potassium, Vitamin C, Glutathione

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