

**Taking the following drug(s) may deplete your body of, or increase your need for the following nutrients:**

<b>DRUG</b>	<b>INDICATION FOR USAGE</b>	<b>NUTRIENTS DEPLETED</b>
<b>Opiate</b> hydrocodone/acetaminophen	Narcotic for pain relief	Folic Acid, Vitamin C, Iron, Potassium
<b>Statin Drugs</b> Lipitor, Crestor, Lescol, Pravachol, Zocor, Mevacor	Lowering Cholesterol	Coenzyme Q10
<b>ACE Inhibitor</b> Lisinopril, Altace, Accupril, Capoten, Prinivil, Zestril, Vasotec	High Blood Pressure	Zinc
<b>Thiazide Diuretic</b> Hydrochlorothiazide	High Blood Pressure	Vitamin D, Calcium, Magnesium, Phosphorus, Potassium, Zinc, Coenzyme Q10
<b>Beta Blocking Drugs</b> Atenolol, Corgard, Lopressor, Tenormin, Toprol XL, Metoprolol	High Blood Pressure	Coenzyme Q10, Chromium, Melatonin
<b>Loop diuretic</b> Furosemide,, Lasix, Ethacrynic acid, Edecrin, Bumex,	High Blood Pressure, Heart Failure	B1, B6, Vitamin C, Calcium, Magnesium Phosphorus, Potassium, Zinc
<b>Proton Pump inhibitor</b> Omeprazole, Prilosec, Prevacid Nexium, Protonix, Aciphex	GERD, severe gastric ulceration	Beta-carotene, B1 B12, Folic Acid, Calcium, Zinc
<b>Biguanide</b> Metformin, Glucophage	Diabetes, Pre-diabetes	Folic Acid, B12
<b>Bisphosphonate</b> Fosamax, Actonel, Boniva Didronel, Skelid	Osteoporosis	Calcium, Magnesium, Phosphorus
<b>Corticosteroid</b> Flonase, Beclovent, Beconase, QVar, Vancenase, Vanceril	Asthma, Allergic Rhinitis	Beta-Carotene, B6, Folic Acid, Vitamin C, Vitamin D, Calcium, Magnesium, Potassium, Selenium, Zinc, Melatonin
<b>Fluoroquinolone antibiotic</b> Levaquin, Avelox, Cipro, Floxin, Noroxin, Penetrex, Trovan	Bacterial Infection	Biotin, B1, B2, B3, B6, B12, Zinc, Healthy intestinal bacteria
<b>Conjugated Estrogen</b> <i>Premarin</i> Hormone replacement therapy, birth control pills	Hormone Replacement Therapy	B6, Vitamin D, Calcium, Magnesium, Zinc, Folic Acid, B12
<b>Beta-2 adrenergic receptor agonist</b> <i>albuterol aerosol</i> Brethine, Proventil, Tornalate, Ventolin, Xopenex	Asthma, COPD	Potassium, and possibly Calcium, Magnesium, Phosphorus
<b>Corticosteroid</b> Prednisone, Deltasone, Celestone, Cortisone, Cortef, Cortone, Dexamethasone, Decadron, Hydrocortone, Medrol, Methylprednisolone	Severe Inflammation, Autoimmune Disease, Immune System Suppression	Beta-Carotene, B6, Folic Acid, Vitamin C, Vitamin D, Calcium, Magnesium, Potassium, Selenium, Zinc

DRUG	INDICATION FOR USAGE	NUTRIENTS DEPLETED
<b>Calcium Channel Blocking Drugs</b> • amlodipine (Norvasc) • felodipine (Plendil) • nifedipine (Procardia, Adalat) • nimodipine (Nimotop) • nisoldipine (Sular)	High Blood Pressure	Vitamin D
<b>Sulfonylurea</b> glyburide, glipizide, glimepiride Amaryl, Diabeta, Glucotrol, Glynase, Micronase,	Diabetes	Coenzyme Q10
<b>Cardiac Glycoside</b> Digoxin, Digitek, Lanoxin, Lanoxicaps	Heart Failure, Arrhythmias	Calcium Magnesium Phosphorus, Potassium, B1
<b>Penicillin Antibiotic</b> Amoxicillin, Amoxil, Trimox, Penicillin	Infection	Healthy Intestinal Bacteria B1, B2, B3, B6, B12, Vitamin k, Folic Acid, Biotin, Inositol
<b>Macrolide Antibiotics</b> Erythromycin, Azithromycin, Biaxin, Zithromax	Infection	Healthy Intestinal Bacteria B1, B2, B3, B6, B12, Vitamin k, Folic Acid, Biotin, Inositol
<b>Tricyclic Antidepressants</b> amitriptyline, clomipramine, doxepin imipramine, Anafranil, Asendin, Elavil, Tofranil, Vivactil	Depression	Coenzyme Q10, B2, Sodium
<b>Potassium Sparing Diuretics</b> amiloride, spironolactone, triamterene, Aldactone, Dyazide, Dyrenium, Maxzide	Heart Failure, High Blood Pressure	Calcium, Magnesium, Phosphorus Watch for a high Potassium level
<b>OTC (non-prescription medication)</b>		
<b>NSAID</b> Ibuprofen, naproxen and other Arthritis drugs	Inflammation, Pain	Folic Acid
<b>Aspirin</b>	Pain, Inflammation, Fever (adults)	Folic Acid, Vitamin C Iron, Potassium, Zinc
<b>Acetaminophen</b> Tylenol	Pain, Fever	Coenzyme Q10, Glutathione
<b>Antacids</b> Amphojel, Basaljel, Aluminum Hydroxide plus Magnesium, Gaviscon, Gelusil, Maalox, Mylanta	Gastritis, GERD	Beta-Carotene, Folic Acid, Vitamin D, Calcium, Chromium, Iron, Zinc Magnesium, Phosphorus
<b>Laxatives with Bisacodyl</b> Carter's Little Pills, Correctol, Dulcolax, Feen-a-Mint, PMS-Bisacodyl	Constipation	Calcium, Potassium
<b>H2 Inhibitors</b> Famotidine, Pepcid, Tagamet, Zantac	Ulcer, GERD	Folic Acid, B1, B12, Vitamin D, Calcium, Iron, Zinc

· Please note; Beta-Carotene represents Vitamin A depletion

· Related drugs are listed because in many cases there is a similar depletion profile

· Information sources available @ [www.invitehealth.com](http://www.invitehealth.com)