

# Drugs that 'gobble' vitamins

can diminish or deplete your body's stores of important vitamins, minerals, and other essential nutrients.

If you take any medications, talk with a nutrition-oriented medical professional about whether you should add certain supplements to your daily regimen



TYPE OF DRUG	EXAMPLES NAME BRANDS	NUTRIENTS DEPLETED
Antacids	Pepcid, Tagamet, Zantac	Vitamin B <sub>12</sub> , Folic Acid, Vitamin D, Calcium, Iron, Zinc
	Prevacid, Prilosec	Vitamin B <sub>12</sub>
Antibiotics	Amoxicillin, Erythromycin, Penicillin, Tetracycline	"Friendly"/beneficial intestinal bacteria
Antidepressants	Adapin, Aventyl, Elavil, Tofranil	Vitamin B <sub>2</sub> , Co-enzyme Q <sub>10</sub>
Antidiabetic drugs	Dymelor, Micronase, Tolinase	Co-enzyme Q <sub>10</sub>
	Glucophage	Vitamin B <sub>12</sub>
Anti-inflammatories	Aspirin	Vitamin C, Folic Acid, Iron, Potassium
	Advil, Aleve, Dolobid, Feldene, Indocin, Lodine, Motrin, Nalfon, Naprosyn, Orudis, Relafen, Voltaren	Folic Acid
	Betamethasone, Budesonide, Cortisone, Dexamethasone, Hydrocortisone, Methylprednisolone, Prednisolone, Prednisone	Vitamin C, Vitamin D, Folic Acid, Calcium, Magnesium Potassium, Selenium, Zinc
Blood pressure-lowering drugs	Apresoline	Vitamin B <sub>6</sub> , Co-enzyme Q <sub>10</sub>
	Bumex, Edecrin, Lasix	Vitamin B <sub>1</sub> , Vitamin B <sub>6</sub> , Vitamin C, Magnesium, Calcium, Potassium, Zinc
	Aquatensen, Lozol, Zaroxolyn	Co-enzyme Q <sub>10</sub> , Magnesium, Potassium, Zinc
	Dyrenium	Folic Acid, Calcium, Zinc
	Blocadren, Cartrol, Corguard, Inderal, Kerlone, Lopressor, Normodyne, Sectral, Tenormin, Viskin	Co-enzyme Q <sub>10</sub>
Cholesterol-lowering drugs	Baycol, Lescol, Lipitor, Mevacor, Zocor	Co-enzyme Q <sub>10</sub>
	Colestid, Questran	Vitamin A, beta-carotene, Vitamin B <sub>12</sub> , Vitamin D, Vitamin E, Vitamin K, Folic Acid, Iron
Hormone Replacement Therapy (HRT)	Evista, Prempro, Premarin, Estratab	Vitamin B <sub>2</sub> , Vitamin B <sub>6</sub> , Vitamin B <sub>12</sub> , Folic Acid, Vitamin C, Magnesium, Zinc
Oral Contraceptives	Estrastep, Norinyl, Ortho-Novem, Triphasil	Vitamin B <sub>2</sub> , Vitamin B <sub>6</sub> , Vitamin B <sub>12</sub> , Folic Acid, Vitamin C, Magnesium, Zinc
Tranquilizers	Ormazine, Mellerail, Prolixin, Thorazine	Vitamin B <sub>12</sub> , Co-enzyme Q <sub>10</sub>
	Haldol	Co-enzyme Q <sub>10</sub>

Sources: *Drug-Induced Nutrient Depletion Handbook*, by R. Pelton et al.: *Physician's Desk Reference*