

# Drug Nutrient Depletions

## Top drug categories by overall number of prescriptions

## Nutrient Depletions

**ACE inhibitors** [Lotensin<sup>®</sup>, Univas<sup>®</sup>, Accupril<sup>®</sup>, Capoten<sup>®</sup>, Vasotec<sup>®</sup>, Prinovil<sup>®</sup>, Zestril<sup>®</sup>]

### Anti-diabetics

- Sulfonylureas: Glipizide<sup>®</sup>, Glyburide<sup>®</sup>, Amaryl<sup>®</sup>
- Biguanides: Glucophage<sup>®</sup>
- Sulfasalazine: Azulfidine<sup>®</sup>, Chlorpropamide<sup>®</sup>, Diabeta<sup>®</sup>, Dymenter<sup>®</sup>, Glipizide<sup>®</sup>, Glyburide<sup>®</sup>, Glynase<sup>®</sup>, Micronase<sup>®</sup>, Tolazamide<sup>®</sup>, Tolbutamide<sup>®</sup>, Tolinase<sup>®</sup>.

**Anti-infectives/Antibiotics** [Penicillins, aminoglycosides, sulfonamides, erythromycins]

- Tetracyclines [Minocycline<sup>®</sup>]
- Cephalosporins [ Ceclor<sup>®</sup> (cefactor), Duricel<sup>®</sup> (cefadroxil), and Keflex<sup>®</sup> (cephriaxone).]
- Penicillins [Amoxil<sup>®</sup> (amoxicillin), Wycillin<sup>®</sup> (penicillin), and Ticar<sup>®</sup> (ticarcillin).]
- Extended spectrum macrolides [ Biaxin<sup>®</sup> (clarithromycin), Zithromax<sup>®</sup> (azithromycin), and erythromycin.
- Sulfa [Bactrim, Septra]

### Anti-ulcerants/Antacids

- Proton pump inhibitors (omeprazole) [Prilosec<sup>®</sup>, Nexium<sup>®</sup>, and Prevacid<sup>®</sup>, Protonix<sup>®</sup>, Acipherx<sup>®</sup>]
- H-2 blockers\* [ Zantac<sup>®</sup> (ranitidine), Tagamet<sup>®</sup> (cimetidine), and Axid<sup>®</sup>, Pepcid<sup>®</sup>.]
- Magnesium and Aluminum [Maalox<sup>®</sup>, Mylnata<sup>®</sup>, Rolaids<sup>®</sup>, Tums<sup>®</sup>.]

**Benzodiazepines** [Valium<sup>®</sup> (diazepam), Tranxene<sup>®</sup> (clorazepate dipotassium), Ativan<sup>®</sup> (lorazepam), Klonopin<sup>®</sup>, Xanax<sup>®</sup> (alprazolam)]

**Beta agonists aerosol** [Albuterol and Albuterol Sulfate (Salbutamol): Ventolin<sup>®</sup>, Alupent<sup>®</sup>, Maxair<sup>®</sup>, Proventil<sup>®</sup>]

**Beta-blockers** [Inderal<sup>®</sup>, propranolol, Tenormin<sup>®</sup>, Lopressor<sup>®</sup>, Betapace<sup>®</sup>, Atenolol, Inderal, Lopressor, Metoprolol, Tenormin, Timolol, and Visken.]

Zinc, sodium

- CoenzymeQ<sub>10</sub>
- CoenzymeQ<sub>10</sub>, vitamin B<sub>12</sub>, folic acid
- Folic acid

*Comment: As a class, antibiotics may cause diarrhea and altered intestinal flora. Probiotic and Enterobiotic supplementation is highly suggested.*

- All B, Vitamin K, Probiotic and Enterobiotic, calcium, zinc, iron, and magnesium
- All B vitamins, Vitamin K, Probiotic & Enterobiotic
- All B vitamins, Probiotic & Enterobiotic, potassium
- All B vitamins, Probiotic and Enterobiotic
- All B vitamins, Probiotic and Enterobiotic

a. Vitamin B<sub>12</sub>

- Iron, vitamin B<sub>12</sub>, folic acid, vitamin D, calcium, zinc, and protein (amino acids)
- Calcium, phosphate, folic acid, copper, iron, potassium, zinc, magnesium

*\*Comment: H-2 blocker drugs reduce stomach acid and are associated with decreased dietary iron absorption and dietary vitamin B<sub>12</sub> absorption. The vitamin B<sub>12</sub> found in supplements is available to the body without the need for stomach acid.*

Melatonin

Potassium

CoenzymeQ<sub>10</sub>, melatonin

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**Calcium channel blockers** [Adalat<sup>®</sup>, Calan<sup>®</sup> (verapamil), Cardizem<sup>®</sup>, Norvasc<sup>®</sup>, Plendil<sup>®</sup>, Procardia<sup>®</sup>]

**Corticosteroids** [Aristocort<sup>®</sup>, Cortef<sup>®</sup>, Decadron<sup>®</sup>, Medrol<sup>®</sup>, Prednisone<sup>®</sup>]

**Digoxin**<sup>™</sup> (lanoxin)

This drug is used to regulate heart rhythm. People taking digoxin need to be cautious of substances that may cause low levels of potassium in the body, as this can increase the drug's side effects.

**Diuretics**

a. Potassium-depleting diuretics: [**Loop diuretics** such as Lasix<sup>®</sup> (furosemide), Bumetanide, Bumex. **Thiazide diuretics** such as HCTZ<sup>®</sup> (hydrochlorothiazide), Lozol, and Demadex.]

b. Potassium-sparing diuretics: Aldactone<sup>®</sup> (spironolactone), Dyazide, Maxide.

**Estrogens** (female hormone replacement therapy) [Alora<sup>®</sup>, Climara<sup>®</sup>, Estrace<sup>®</sup>, Estratab<sup>®</sup>, Estratest<sup>®</sup>, Menest<sup>®</sup>, Premarin<sup>®</sup>, Premphase<sup>®</sup>, Prempro<sup>®</sup>, Vivelli<sup>®</sup>.]

**Gout Medications** [Col-Benemid<sup>®</sup>, Colchine<sup>®</sup>.]

**NSAIDs (non-steroidal anti-inflammatory drugs)**

a. [Aleve<sup>®</sup>, ibuprofen, Motrin<sup>®</sup>, naproxen, Relafen<sup>®</sup>.]

b. Aspirin in general

c. Indomethacin [Indocin<sup>®</sup>.]

**Oral contraceptives** [Ortho-Cyclen<sup>®</sup>, Ortho-Novum<sup>®</sup>, Triphasil<sup>®</sup>, Ortho-Tri-Cyclen<sup>®</sup>, Demulen<sup>®</sup>]

**SSRIs (selective serotonin re-uptake inhibitors)**

[Prozac<sup>®</sup>, (fluoxetine), Zoloft<sup>®</sup>, Effexor<sup>®</sup>, Paxil<sup>®</sup>]

**Statins (HMG-CoA Reductase Inhibitor Agents)**

[Cholesterol reducers such as Lescol<sup>®</sup>, Lipitor<sup>®</sup>, Mevacor<sup>®</sup>, Pravachol<sup>®</sup>, Zocor<sup>®</sup>, Baycol<sup>®</sup>.]

**Thyroid (synthetic)** [Levothroid<sup>®</sup> (levothyroxine), Levoxyl<sup>®</sup>, Thyrolar<sup>®</sup>, Synthroid<sup>®</sup>]

Potassium

Calcium, potassium, zinc, vitamin D, selenium

Calcium, magnesium, phosphorus, vitamin B<sub>1</sub>, potassium

a. Magnesium, potassium, sodium, zinc, thiamine, and vitamin B<sub>1</sub>, B<sub>6</sub>, vitamin C, calcium, CoenzymeQ<sub>10</sub>

b. Folic acid, calcium, and zinc

Folic Acid, Vitamin B<sub>6</sub>, Calcium, Magnesium, CoenzymeQ<sub>10</sub>

Potassium, sodium, vitamin B<sub>12</sub>, Beta Carotene, phosphorus, and calcium

a. Folic acid, iron, vitamin C

b. Iron, potassium, folic acid, vitamin C, calcium, sodium, vitamin B<sub>5</sub>

c. Iron, folic acid, protein/amino acids, vitamin C

Folic acid, vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>6</sub>, B<sub>12</sub>, vitamin C, zinc, magnesium, and selenium

Folic acid, and melatonin. Low blood levels of folic acid have been correlated to poor response to fluoxetine. Administration of fluoxetine for six weeks significantly lowered melatonin levels in people with seasonal affective disorder (SAD) and in health people as well.

CoenzymeQ<sub>10</sub>

Calcium and iron