

Drugs that Deplete Nutrients

Helping Patients Replenish Nutrients Depleted By Common Prescription and OTC Medications

The use of prescription and over-the-counter drugs is extremely prevalent in North America and in most of the Western developed world. It is reported that 46 percent of Americans take at least one prescription drug daily. In 2005, the Minnesota Board on Aging demonstrated that for individuals over the age of 65, 21 percent took five or more prescription drugs every day; 25 percent took three to four prescription drugs per day; 36 percent took one to two prescription drugs per day, while only 18 percent did not take any prescription drugs on a daily basis.

Although many individuals do not have formal training in pharmacology, it is at the very least, important for people to be aware of the nutrient depletion that can result from the use of certain medications. What is evident from the information that follows is that taking a high quality multiple vitamin enriched with antioxidants, B complex and 350-500 mg of calcium is an important consideration to counter drug-induced nutrient depletion, as well as being a cornerstone of wellness care for most adults. The following is a summary of nutrients depleted by commonly used drugs:

Laxatives are associated with depletion of the following nutrients:

- Vitamin A
- Vitamin D
- Vitamin E
- Calcium

Antibiotics are associated with depletion of the following nutrients:

- Vitamin B₁
- Vitamin B₂
- Biotin
- Pantothenic Acid
- Vitamin C
- Vitamin E
- Vitamin K
- Potassium
- Magnesium
- Zinc

Cholesterol-lowering drugs, such as Cholestyramine, Colestipol, Questran, Colestid and Atromid-S, are associated with depletion of the following nutrients:

- Vitamin A
- Vitamin B₁₂
- Beta-carotene

- Folic Acid
- Vitamin D
- Vitamin E
- Vitamin K
- Iron

Colchicine, used to treat gout, is associated with depletion of the following nutrients:

- Vitamin A
- Vitamin D
- Vitamin B₁₂
- Folic Acid
- Iron

Prednisone and related steroid drugs are associated with depletion of the following nutrients:

- Folic Acid
- Vitamin D
- Zinc
- Magnesium
- Vitamin C
- Calcium

Nonsteroidal, anti-inflammatory drugs (NSAIDs), including aspirin, are associated with depletion of the following nutrients:

- Folic Acid
- Vitamin C
- Vitamin K
- Iron

Antacid drugs are associated with depletion of the following nutrients:

- Vitamin A
- Vitamin B₁
- Folic Acid
- Vitamin B₁₂
- Chromium
- Iron

Oral contraceptive drugs are associated with depletion of the following nutrients:

- Beta-carotene
- Vitamin B₁
- Vitamin B₆
- Folic Acid

- Vitamin B₁₂
- Biotin
- Pantothenic Acid
- Vitamin C
- Magnesium
- Zinc

Sedatives and barbiturates are associated with depletion of the following nutrients:

- Vitamin B₂
- Vitamin C
- Vitamin D
- Folic Acid
- Vitamin B₁₂
- Pantothenic Acid

Estrogen-replacement therapy is associated with depletion of the following nutrients:

- Vitamin B₁
- Vitamin B₂
- Folic Acid
- Vitamin B₁₂
- Biotin
- Pantothenic Acid
- Vitamin C
- Magnesium

Many anti-depressants are associated with depletion of the following nutrients:

- Vitamin B₂
- Vitamin B₆
- Calcium
- Magnesium
- Coenzyme Q₁₀

Amphetamine and amphetamine-containing drugs are associated with the depletion of vitamin B₁. Levodopa, used in the treatment of Parkinson's disease, is associated with depletion of vitamin B₆.

Many anti-convulsant drugs are associated with depletion of the following nutrients:

- Folic Acid
- Biotin
- Vitamin D
- Vitamin E
- Zinc

Digoxin (digitalis) is associated with depletion of vitamin B1. Indomethacin is also associated with depletion of vitamin B1.

Diuretic drugs are associated with depletion of the following nutrients:

- Vitamin B₁
- Calcium
- Potassium (thiazide drugs especially)
- Magnesium
- Zinc

Angiotensin-converting enzyme inhibitor drugs, used for high blood pressure, are associated with depletion of zinc. Beta-blockers, also used in the treatment of high blood pressure, are associated with depletion of coenzyme Q₁₀. Statin drugs (e.g., Lipitor), used in the treatment of high cholesterol, are associated with depletion of coenzyme Q₁₀.

Resources

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