6 COMMON MEDICATIONS THAT MAY CAUSE NUTRIENT DEPLETION

...and suggested supplementation for whole health and wellness

People who take prescription medications may be more likely to have reduced levels of certain key nutrients. When these nutrients are blocked or depleted for long periods of time, your body may be missing what it needs to keep you feeling your best. If you regularly take any of these common medications, you may not be able to get all the nutrients you need from your diet alone and should consider supplementation.

Antacids
Antacids, including H2 antagonists and proton-pump inhibitors, work to neutralize, block or decrease the production of acid in the stomach. This reduction of stomach acid decreases the absorption of certain nutrients, as well as folic acid and zinc.

**Supplementation suggestion:**
- Vitamin B12: 25-400 mcg/day
- Magnesium: 250-400 mg/day
- Folic acid: 400 mcg/day

Antidepressants (SSRIs)
The SSRIs class of medications increases the levels of one of the brain’s major monoamines in the central nervous system and depletes levels of folic acid in the body.

**Supplementation suggestion:**
- Folic acid: 400 mcg/day

Antibiotics
Antibiotics are used to treat bacterial infections. However, they can deplete other nutrients such as B vitamins like folic acid and B12.

**Supplementation suggestion:**
- Folic Acid: 400 mcg/day
- B12: 25-400 mcg/day

Anticonvulsants
Anticonvulsants are used to treat seizures. They can deplete various nutrients such as B vitamins, zinc, and selenium.

**Supplementation suggestion:**
- Vitamin B12: 25-400 mcg/day
- Folic acid: 400 mcg/day

Anticoagulants
Anticoagulants (blood thinners) work to prevent blood clots, which can lead to heart attacks, strokes, and other serious complications. They can deplete various nutrients such as B vitamins, vitamin K, and minerals.

**Supplementation suggestion:**
- Vitamin K: 25-400 mcg/day
- Folic acid: 400 mcg/day

Antihistamines
Antihistamines are used to treat allergy symptoms such as runny nose, sneezing, and itching. They can deplete various nutrients such as B vitamins, vitamin C, and minerals.

**Supplementation suggestion:**
- Vitamin C: 25-400 mg/day
- Folic acid: 400 mcg/day

Antipsychotics
Antipsychotics are used to treat symptoms of schizophrenia, bipolar disorder, and other mental health conditions. They can deplete various nutrients such as B vitamins, vitamin D, and minerals.

**Supplementation suggestion:**
- Vitamin D: 25-400 mcg/day
- Folic acid: 400 mcg/day

Heartburn Medications
Heartburn medications such as proton-pump inhibitors and histamine receptor blockers can deplete various nutrients such as B vitamins, vitamin D, and minerals.

**Supplementation suggestion:**
- Vitamin D: 25-400 mcg/day
- Folic acid: 400 mcg/day

Hormonal Contraceptives
Hormonal contraceptives (birth control pills) work by blocking the release of hormones that can impact nutrient levels. They can deplete various nutrients such as B vitamins, vitamin D, and minerals.

**Supplementation suggestion:**
- Vitamin D: 25-400 mcg/day
- Folic acid: 400 mcg/day

Oral Contraceptives
Synthetic and semi-synthetic analogs of estrogen and progesterone are active in oral contraceptives to prevent pregnancy, and can deplete levels of B vitamins when taken for long or short periods of time.

**Supplementation suggestion:**
- Vitamin B12: 5 mcg/day

Oral Hypoglycemics
Oral hypoglycemics (glucose-lowering drugs) work by either stimulating the secretion of insulin from the pancreas, improving insulin sensitivity, decreasing the production of glucose by liver, or delaying the absorption of dietary glucose.

**Supplementation suggestion:**
- Vitamin B12: 25-400 mcg/day
- Folic acid: 400 mcg/day

Oral Hypoxia Medications
Oral hypoxia medications can deplete various nutrients such as B vitamins, vitamin D, and minerals. They can be used to treat conditions such as sleep apnea or high altitude.

**Supplementation suggestion:**
- Vitamin D: 25-400 mcg/day
- Folic acid: 400 mcg/day

Statins
Statins are cholesterol-lowering drugs, also known as statins, inhibit the enzyme HMG-CoA reductase—a key enzyme in the synthesis of CoQ10 and important step in the hepatic synthesis of cholesterol. The reduction of cholesterol synthesis subsequently increases the liver’s removal of circulating LDL cholesterol. CoQ10 is important for heart function and energy metabolism.†

**Supplementation suggestion:**
- CoQ10: 100-200 mg/day

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.