



## COMMON DRUG NUTRIENT DEPLETIONS (DNDs) & INTERACTIONS (DNIs)

**DND** – Use of certain medications may deplete key nutrients.

**DNI** – Interactions with drugs and nutrients can affect drug effectiveness and nutrient absorption.

### 1 ACID SUPPRESSING MEDICATIONS & ANTACIDS<sup>1,3</sup>

#### DNDs

Potential Magnesium and vitamin B<sub>12</sub> depletions with use of H<sub>2</sub> antagonists and/or Proton Pump inhibitors.

#### DNIs

Goldenseal, Ginger, & Green Tea may interact with and/or affect drug effectiveness.

### 2 ANTIBIOTICS<sup>1-3</sup>

#### DNDs

Potential B vitamins (B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, Folic Acid, B<sub>12</sub>) depletions.

#### DNIs

Separate any minerals and probiotic supplements from antibiotics by at least 2 hours.

### 3 BIRTH CONTROL (Oral Contraceptives)<sup>1,3</sup>

#### DNDs

Folic Acid, B<sub>6</sub>, and Magnesium levels may be affected with medication use.

#### DNIs

Alfalfa, Garlic, St. John's Wort may interact with and/or affect drug effectiveness.

### 4 BLOOD PRESSURE MEDICATION<sup>1-5</sup>

#### DNDs

CoQ10 (Beta blockers), Potassium, zinc and magnesium levels may be affected (thiazide diuretics).

#### DNIs

Black Licorice, Chromium, Milk Thistle, Niacin, St. John's Wort, and vitamin B<sub>6</sub> may interact with and/or affect drug effectiveness.



## 5 BLOOD THINNING MEDICATION (Anticoagulants)<sup>1</sup>

### DNDs

No major DNDs noted.

### DNIs

CoQ10, Cranberry, Garlic, Herbs, Fish Oil, and vitamins E & K may interact with and/or affect drug effectiveness.

## 6 CHOLESTEROL LOWERING MEDICATIONS (Statins & Bile Acid Sequestrants)<sup>1-3</sup>

### DNDs

Statins may affect CoQ10; statins and bile acid sequestrants may affect fat soluble vitamin (A,D,E,K) levels.

### DNIs

Garlic, Niacin, St. John's Wort, Red Yeast Rice, and vitamin A may interact with and/or affect drug effectiveness.

## 7 CORTICOSTEROIDS<sup>2,3</sup>

### DNDs

Calcium and Magnesium levels may be affected with medication use.

### DNIs

Herbs, Licorice and St. John's Wort may interact with and/or affect drug effectiveness.

## 8 DIABETES MEDICATIONS (Metformin)<sup>1-3</sup>

### DNDs

Potential Folic Acid and vitamin B<sub>12</sub> depletions.

### DNIs

Alfalfa, Aloe Vera, Alpha Lipoic Acid, CoQ10, Chromium, Garlic, Green Tea, Melatonin, Milk Thistle, Niacin, St. John's Wort, and vitamin K<sub>1</sub> may interact with and/or affect drug effectiveness.

### Sources\*

1. US National Library of Medicine. Drugs, Herbs and Supplements. Internet: <https://www.nlm.nih.gov/medlineplus/druginformation.html> Accessed 28 April 2016.
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3. Hyla Cass, M.D. A Practical Guide to Avoiding Drug-Induced Nutrient Depletion: <http://nutritionreview.org/2013/04/practical-guide-avoiding-drug-induced-nutrient-depletion/>
4. Clayton JA, Rodgers S, Blakey J. Thiazide diuretic prescription and electrolyte abnormalities in primary care. *Br J Clin Pharmacol* 2006 Jan;61:87-95.
5. Pak CY. Correction of thiazide-induced hypomagnesemia by potassium-magnesium citrate from review of prior trials. *Clin Nephrol* 2000;54:271-275.

\*Additional references available upon request.