

DO THE PRESCRIPTIONS YOU TAKE DEplete YOUR NUTRITIONAL STATUS?

DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEMS
ANTACIDS/ULCER MEDICATIONS Pepcid, Tagamet, Zantac, Prevacid, Prilosec, Magnesium & Aluminum antacids	Vitamin B12 Folic Acid Vitamin D Calcium Iron Zinc	Anemia, depression, tiredness, weakness, increased cardiovascular risk Birth defects, cervical dysplasia, anemia, heart disease, cancer risk Osteoporosis, muscle weakness, hearing loss Osteoporosis, heart and blood pressure irregularities, tooth decay Anemia, weakness, fatigue, hair loss, brittle nails Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
ANTIBIOTICS Gentamycin, neomycin, streptomycin, cephalosporins, penicillins Tetracyclines	B Vitamins Vitamin K Calcium Magnesium Iron Vitamin B6 Zinc	Short term depletion effects are minimal, but failure to re-inoculate the GI tract with beneficial bacteria (probiotics) often results in dysbiosis which causes gas, bloating, decreases digestion & absorption of nutrients, and may also lead to a variety of other health problems. Osteoporosis, heart & blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Slow wound healing, fatigue, anemia Depression, sleep disturbances, increased cardiovascular disease risk Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
CHOLESTEROL DRUGS Lipitor, Crestor, Zocor and others	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
ANTI-DEPRESSANTS Adapin, Aventyl, Elavil, Pamelor, & others Major Tranquilizers (Thorazine, Mellaril, Prolixin, Serenil & others)	Coenzyme Q10 Vitamin B2	Various cardiovascular problems, weak immune system, low energy Problems with skin, eyes, mucous membranes and nerves
FEMALE HORMONES Estrogen/Hormone Replacement Oral Contraceptives	Vitamin B6 Folic Acid Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B6 Vitamin B12 Vitamin C Magnesium Selenium Zinc	Depression, sleep disturbances, increased cardiovascular disease risk Birth defects, cervical dysplasia, anemia, cardiovascular disease Depression, irritability, memory loss, muscle weakness, edema Problems with skin, eyes, mucous membranes and nerves Cracked, scaly skin, swollen tongue, diarrhea Depression, sleep disturbances, increased cardiovascular disease risk Anemia, depression, tiredness, weakness, increased cardiovascular risk Lowered immune system, easy bruising, poor wound healing Cardiovascular problems, asthma, osteoporosis, cramps, PMS Lower immunity, reduced antioxidant protection Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
ANTICONVULSANTS Phenobarbital & barbituates Dilatin, Tegretol, Mysoline Depakane/Depacon	Vitamin D Calcium Folic Acid Biotin Carnitine Vitamin B12 Vitamin B1 Vitamin K Copper Selenium Zinc	Osteoporosis, muscle weakness, hearing loss Osteoporosis, heart & blood pressure irregularities, tooth decay Birth defects, cervical dysplasia, anemia, cardiovascular disease Hair loss, depression, cardiac irregularities, dermatitis Various cardiovascular problems, weak immune system, low energy Anemia, depression, tiredness, weakness, increased cardiovascular risk Depression, irritability, memory loss, muscle weakness, edema Blood coagulation, skeletal problems Anemia, fatigue, cardiovascular and connective tissue problems Lower immunity, reduced antioxidant protection Weak immunity, wound healing, sense of smell/taste, sexual dysfunction

SOURCE: DRUG-INDUCED NUTRIENT DEPLETION HANDBOOK, 2nd EDITION

Look & Feel Great Method: 9 Steps to Healthy Lifestyle Step 4: Introduction to Nutraceutical Regime

DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEMS
ANTI-INFLAMMATORIES Steroids: Prednisone, Medrol, Aristocort, Decadron	Calcium Vitamin D Magnesium Zinc Vitamin C Vitamin B6 Vitamin B12 Folic Acid Selenium Chromium	Osteoporosis, heart and blood pressure irregularities, tooth decay Osteoporosis, muscle weakness, hearing loss Cardiovascular problems, asthma, osteoporosis, cramps, PMS Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Lowered immunity, easy bruising, poor wound healing Depression, sleep disturbances, increased cardiovascular disease risk Anemia, depression, tiredness, weakness, increased cardiovascular risk Birth defects, cervical dysplasia, anemia, cardiovascular disease Lower immunity, reduced antioxidant protection Elevated blood sugar, cholesterol & triglycerides, diabetes risk
NSAIDS (Motrin, Aleve, Advil, Anaprox, Dolobid, Feldene, Naprosyn and others)	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
Aspirin & Salicylates	Vitamin C Calcium Folic Acid Iron Vitamin B5	Lowered immune system, easy bruising, poor wound healing Osteoporosis, heart & blood pressure irregularities, tooth decay Birth defects, cervical dysplasia, anemia, cardiovascular disease Anemia, weakness, fatigue, hair loss, brittle nails Fatigue, listlessness, and possible problems with skin, liver and nerves
DIURETICS Loop Diuretics (Lasix, Bumex, Edecrin) Thiazide Diuretics (HCTZ, Enduron, Diuril, Lozol, Zaroxolyn, Hygroton and others)	Calcium Magnesium Vitamin B1 Vitamin B6 Vitamin C Zinc Coenzyme Q10 Potassium Sodium	Osteoporosis, heart and blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Depression, irritability, memory loss, muscle weakness, edema Depression, sleep disturbances, increased heart disease risk Lowered immunity, easy bruising, poor wound healing Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Various cardiovascular problems, weak immune system, low energy Irregular heartbeat, muscle weakness, fatigue, edema Muscle weakness, dehydration, memory problems, loss of appetite
Potassium Sparing Diuretics	Calcium Folic Acid Zinc	Osteoporosis, heart & blood pressure irregularities, tooth decay Birth defects, cervical dysplasia, anemia, cardiovascular disease Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
CARDIOVASCULAR DRUGS Antihypertensives (Catapres, Aldomet)	Coenzyme Q10 Vitamin B6 Zinc Vitamin B1	Various cardiovascular problems, weak immune system, low energy Depression, sleep disturbances, increased cardiovascular disease risk Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Depression, irritability, memory loss, muscle weakness, edema
ACE Inhibitors (Capoten, Vasotec, Monopril & others)	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
Beta Blockers (Inderal, Corgard, Lopressor and others)	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
DIABETIC DRUGS Metformin	Coenzyme Q10 Vitamin B12 Folic Acid	Various cardiovascular problems, weak immune system, low energy Anemia, depression, tiredness, weakness, increased cardiovascular risk Birth defects, cervical dysplasia, anemia, heart disease, cancer risk
Sulfonylureas (Tolinase, Micronase/Glynase/DiaBeta)	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
ANTIVIRAL AGENTS Zidovudine (Retrovir, AZT & other related drugs)	Carnitine Copper Zinc Vitamin B12	Increased blood lipids, abnormal liver function and glucose control Anemia, fatigue, cardiovascular and connective tissue problems Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
Foscarnet	Calcium Magnesium Potassium	Anemia, depression, tiredness, weakness, increased cardiovascular risk Osteoporosis, heart and blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Irregular heartbeat, muscle weakness, fatigue, edema