

# Drugs that ‘gobble’ vitamins

When taken regularly, some frequently prescribed medications can diminish or deplete your body’s stores of important vitamins, minerals, and other essential nutrients.

If you take any medications, talk with a nutrition-oriented medical professional about whether you should add certain supplements to your daily regimen.



TYPE OF DRUG	EXAMPLES – NAME BRANDS	NUTRIENTS DEPLETED
<b>Antacids</b>	Pepcid, Tagamet, Zantac	Vitamin B-12, folic acid, vitamin D, calcium, iron, zinc
	Prevacid, Prilosec	Vitamin B-12
<b>Antibiotics</b>	Amoxicillin, Erythromycin, Penicillin, Tetracycline	“Friendly”/beneficial intestinal bacteria
<b>Antidepressants</b>	Adapin, Aventyl, Elavil, Tofranil	Vitamin B-2, coenzyme Q-10
<b>Antidiabetic Drugs</b>	Dymelor, Micronase, Tolinase	Coenzyme Q-10
	Glucophage	Vitamin B-12
<b>Anti-inflammatories</b>	Asprin	Vitamin C, folic acid, iron, potassium,
	Advil, Aleve, Dolobid, Feldene, Indocin, Lodine, Motrin, Nalfon, Naprosyn, Orudis, Relafen, Voltaren	Folic acid
	Betamethasone, Budesonide, Cortisone, Dexamethasone, Hydrocortisone, Methylprednisolone, Prednisolone, Prednisone	Vitamin C, vitamin D, folic acid, calcium, magnesium, potassium, selenium, zinc
<b>Blood pressure lowering drugs</b>	Apresoline	Vitamin B-6, coenzyme Q-10
	Bumex, Edecrin, Lasix	Vitamin B-1, vitamin b-6, vitamin C, magnesium, calcium, potassium ,zinc
	Aquatensen, Lozol, Zaroxolyn	Coenzyme Q-10, magnesium, potassium, zinc
	Dyrenium	Folic acid, calcium, zinc
	Blocadren, Cartrol, Corgaurd, Inderal, Kerlone, Lopressor, Normodyne, Sectral, Tenormin, Viskin	Coenzyme Q-10
<b>Cholesterol lowering drugs</b>	Baycol, Lescol, Lipitor, Mevacor, Zocor	Coenzyme Q-10
	Colestid, Questran	Vitamin A, beta-carotene, vitamin B-12, vitamin D, vitamin E, vitamin K, folic acid, iron
<b>Hormone replacement therapy (HRT)</b>	Evista, Prempro, Premarin, Estratab	Vitamin B-2, vitamin B-6, vitamin B-12, folic acid, vitamin C, magnesium, zinc
<b>Oral contraceptives</b>	Estrastep, Norinyl, Ortho-Novem, Triphasil	Vitamin B-2, vitamin B-6, vitamin B-12, folic acid, vitamin C, magnesium, zinc
<b>Tranquilizers</b>	Ormazine, Mellaril, Prolixin, Thorazine	Vitamin B-2, coenzyme Q-10
	Haldol	Coenzyme Q-10