Guide to Drug-Induced Nutrient Depletion

	Vitamin B1	Vitamin B2	Vitamin B3	Vitamin B5	Vitamin B6	Biotin	Folic Acid	Vitamin B12	Vitamin C	Vitamin D	Vitamin K	Coenzyme Q10	Calcium	Copper	Iron	Magnesium	Phosphorous	Potassium	Selenium	Sodium	Zinc	DHEA	Melatonin	L. Acidophilus	Bifidobacterium
Antibiotics																									
Cephalosporins											•		•			•	•	•						•	•
Macrolides																								•	•
Penicillins																								•	•
Quinolones																								•	•
Sulfa Drugs							•																	•	•
Tetracyclines											•													•	•
Cardiovascular Disorders																									
ACE Inhibitors																					•				
Beta Blockers	•									•		•											•		
Diuretics	•				•		•		•			•	•			•	•	•		•	•				
Digestive Aids																									
Proton Pump Inhibitors								•		•															
H2-Receptor Blockers							•	•		•			•		•						•				
Antacids							•	•					•	•	•	•	•	•			•				
Hormone Therapy																									
Estrogen					•																				
Oral Contraceptives		•			•		•	•	•							•					•				
Hyperlipidemia (High Cholesterol)																									
Statins												•													
Mood Disorders																									
SSRIs																							•		
Pain Relief/Inflammation																									
NSAIDs							•		•						•						•				
Steroids					•		•	•	•	•			•			•		•	•		•	•	•		
Salicylates							•		•						•						•				

Source: University of Maryland Medical Center

Important: Many factors can affect nutrient levels, including your medical history, diet, lifestyle, and how long you have been taking the medication. Please talk with your doctor or pharmacist if you have questions or concerns about your risk of a drug-induced nutrient depletion.

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