

## Essential Nutrients for Drug-Induced Depletion

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_ GENDER:  Male  Female

### Medication Class & Name Examples

### Medication Nutrient Depletion

### Nutrient Repletion Suggestions

HEART		
<input type="checkbox"/>	<b>Statins</b> atorvastatin (Lipitor), fluvastatin (Lescol), lovastatin (Mevacor, Altacor), pravastatin (Pravachol), rosuvastatin (Crestor), simvastatin (Zocor)	Coenzyme Q10 <b>CoQ10 Max</b>
<input type="checkbox"/>	<b>ACE Inhibitors</b> captopril (Capoten), enalapril (Vasotec), lisinopril (Prinivil, Zestril), quinapril (Accupril), ramipril (Altace)	Zinc <b>Ultra Multi-Mineral</b>
<input type="checkbox"/>	<b>Beta Blockers</b> atenolol (Tenormin), metoprolol (Lopressor, Toprol XL), nadolol (Corgard), carvedilol (Coreg)	Coenzyme Q10 <b>CoQ10 Max</b>
<input type="checkbox"/>	<b>Calcium Channel Blockers</b> amlodipine (Norvasc), felodipine (Plendil), nifedipine (Procardia, Adalat), nimodipine (Nimotop), nisoldipine (Sular)	Vitamin D <b>Optimal Vitamin D3</b>
<input type="checkbox"/>	<b>Cardiac Glycosides</b> Digoxin	Magnesium, Potassium <b>Multi Complete Without Iron</b>
<input type="checkbox"/>	<b>Potassium Supplements</b> potassium chloride (Klor-Con)	B12 <b>Methyl B-12 Folate</b>
BLOOD SUGAR		
<input type="checkbox"/>	<b>Biguanides</b> Metformin	Folic Acid, B12 <b>Methyl B12-Folate</b>
<input type="checkbox"/>	<b>Sulfonylureas</b> glyburide (Diabeta, Glynase, Micronase), glipizide (GlipiZIDE XL, Glucotrol), glimepiride (Amaryl)	Healthy Intestinal Bacteria, Coenzyme Q10 <b>CoQ10 Max Probiotic Complete</b>
ANTACIDS/ANTIULCERATIVE		
<input type="checkbox"/>	<b>H2 Inhibitors</b> famotidine (Pepcid), cimetidine (Tagamet), ranitidine (Zantac)	Folic Acid, B12, Vitamin D, Calcium, Iron, Zinc <b>Multi-Complete with Iron</b>
<input type="checkbox"/>	<b>Proton-pump inhibitors</b> omeprazole (Prilosec, Zegerid), lansoprazole (Prevacid), esomeprazole (Nexium), rabeprazole (Aciphex)	Beta-Carotene, B12, Folic Acid, Calcium, Zinc, Iron <b>Multi-Complete with Iron</b>
<input type="checkbox"/>	<b>Antacids</b> Amphojel, Basaljel, Aluminum Hydroxide plus Magnesium, Gaviscon-2, Gelusil, Maalox, Mylanta	Folic Acid, Vitamin D, Zinc, Calcium, Magnesium, Chromium, Iron <b>Multi-Complete with Iron</b>
ANTIDEPRESSANTS		
<input type="checkbox"/>	<b>Antidepressants</b> clomipramine (Anafranil), amoxapine (Asendin), doxepin HCL (Sinequan), imipramine (Tofranil)	Coenzyme Q10, Vitamin B2 <b>CoQ10 Max</b>
BONE		
<input type="checkbox"/>	<b>Bisphosphonates</b> alendronate (Fosamax), risedronate (Actonel), ibandronate (Boniva), etidronate (Didronel), zoledronic Acid (Reclast)	Calcium, Magnesium <b>Ultra Cal-Mag</b>

## Essential Nutrients for Drug-Induced Depletion

Medication Class & Name Examples	Medication Nutrient Depletion	Nutrient Repletion Suggestions
<b>NARCOTICS/ANALGESICS</b>		
<input type="checkbox"/> <b>NSAIDS</b> aspirin, celecoxib (Celebrex), diclofenac (Voltaren), ibuprofen (Motrin), ketorolac (Toradol), naproxen (Aleve, Naprosyn)	Folic Acid, Vitamin C, Iron	Multi-Complete with Iron
<input type="checkbox"/> <b>Opiates</b> hydrocodone (Vicodin), morphine (MS Contin, Kadian), oxycodone (Oxycontin, Percoset)	Folic Acid, Vitamin C, Iron, Potassium	Multi-Complete with Iron
<b>RESPIRATORY</b>		
<input type="checkbox"/> <b>Beta-2 Adrenergic Receptor Agonists</b> proventil (Albuterol), fluticasone+salmeterol (Advair), bitolterol (Tornalate), levalbuterol (Xopenex)	Potassium, Calcium, Magnesium	Ultra Multi-Mineral
<b>ANTIBIOTICS</b>		
<input type="checkbox"/> <b>Antibiotics</b> Levaquin, Avelox, Ciprofloxacin, Noroxin, Trovan, Amoxicillin, Amoxil, Trimox, Penicillin, Erythromycin, Azithromycin, Biaxin, Zithromax	Biotin, B1, B2, B3, B6, B12, Zinc, Calcium, Magnesium, Potassium, Vitamin K, Healthy Intestinal Bacteria	Probiotic Complete Multi Complete without Iron
<b>HORMONES</b>		
<input type="checkbox"/> <b>Conjugated Estrogens</b> Premarin, Prempro, Oral Contraceptives, Estrace	B6, B12, Vitamin D, Calcium, Magnesium, Zinc, Folic Acid	Multi Complete with Iron
<input type="checkbox"/> <b>Bio-Identical Hormones</b> Estradiol, Estriol, Estrone	B6, B12, Vitamin D, Calcium, Magnesium, Zinc, Folic Acid	Multi Complete with Iron
<b>ANTI-INFLAMMATORY</b>		
<input type="checkbox"/> <b>Corticosteroids</b> betamethasone (Celestone, Soluspan), hydrocortisone (Cortef), prednisone (Rayos, Sterapred)	Beta-Carotene, B6, Folic Acid, Vitamin C, Vitamin D, Calcium, Magnesium	Multi Complete without Iron
<input type="checkbox"/> <b>Loop Diuretics</b> bumetanide (Bumex), furosemide (Lasix), ethacrynate (Edecrin)	B1, B6, Vitamin C, Calcium, Magnesium, Zinc, Potassium	Multi Complete without Iron
<input type="checkbox"/> <b>Thiazide Diuretics</b> chlorthalidone (Hygroton), indapamide (Lozol), hydrochlorothiazide (Hydrodiuril), methyclothiazide (Enduron)	Magnesium, B1, B6, Phosphorous, Potassium, Zinc, Coenzyme Q10	Multi Complete without Iron Coq10 Max
<input type="checkbox"/> <b>Potassium Sparing Diuretics</b> Amiloride hydrochloride, spironolactone (Aldactone), triamterene (Dyrenium)	Calcium, Magnesium	Ultra Cal-Mag
<b>LAXATIVES</b>		
<input type="checkbox"/> <b>Laxatives with Bisacodyl</b> Dulcolax, Correctol, Feen-a-Mint, Carter's Little Pills	Calcium, Potassium	Ultra Multi-Min Probiotic Complete