

Drug-Induced Nutrient Depletions



84 Marginal Way, Portland, Maine 04101
Pharmacy: (207) 899-0886
www.coastalpharmacyandwellness.com

	Vitamin A	Vitamin B1 (Thiamine)	Vitamin B5	Vitamin B6	Vitamin B7 (Biotin)	Vitamin B12	Vitamin C	Vitamin D	Vitamin K	Beta Carotene	Calcium	Chromium	Co-Enzyme Q10	Folic Acid	Glutathione	Inositol	Iron	L-Carnitine	Magnesium	Niacin	Pantothenic Acid	Phosphate Salts	Potassium	Riboflavin	Selenium	Strontium	Zinc	
ACE Inhibitors <i>Use:</i> High blood pressure <i>Common drugs:</i> Lisinopril, Benazepril, Enalapril, Ramipril, Quinapril										No Known Significant Depletions																		
Antacids <i>Use:</i> Heartburn, acid reflux <i>Common drugs:</i> Calcium Carbonate, Tums		●									●																	
Anticonvulsants <i>Use:</i> Seizures <i>Common drugs:</i> Diazepam, Gabapentin, Lamotrigine, Levetiracetam, Valproic Acid/Divalproex Sodium*									●		●			●		●		●		●					●		●	
APAP <i>Use:</i> Inflammation, fever <i>Common drugs:</i> Tylenol															●													
ARBs <i>Use:</i> High blood pressure <i>Common drugs:</i> Candesartan, Irbesartan, Losartan, Telmisartan, Valsartan										No Known Significant Depletions																		
Beta Blockers <i>Use:</i> High blood pressure <i>Common drugs:</i> Atenolol, Metoprolol, Propranolol, Timolol, Carvedilol										No Known Significant Depletions																		
Biguanides <i>Use:</i> Type 2 Diabetes <i>Common drugs:</i> Metformin		●				●								●														

*Valproic Acid particularly corresponds with the indicated moderate and insignificant depletions.

● = Major ● = Moderate ● = Insignificant

1. Natural Medicines database using the Nutrient Depletion Tool (<https://naturalmedicines-therapeuticresearch-com.une.idm.oclc.org/tools/nutrient-depletion.aspx>)

2. DiPiro JT, Talbert RL, Yee GC, Matzke GR, Wells BG, Posey ML. Pharmacotherapy: A Pathophysiologic Approach, 10e, 2017. Access Pharmacy. <http://accesspharmacy.mhmedical.com.une.idm.oclc.org/ViewLarge.aspx?figid=146076668&gbsContainerID=0&gbsid=0>. Accessed February 20, 2017

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CCBs (DHP and Non-DHP) <i>Use:</i> High blood pressure <i>Common drugs:</i> Amlodipine, Diltiazem, Nifedipine, Verapamil	No Known Significant Depletions																										
Cephalosporins <i>Use:</i> Bacterial infections <i>Common drugs:</i> Cephalexin, Cefazolin, Cefotetan		●		●	●	●			●					●								●			●		
Corticosteroids <i>Use:</i> Skin conditions, Crohn's disease, ulcerative colitis <i>Common drugs:</i> Methylprednisolone, Prednisone	●						●	●			●	●		●					●						●	●	●
Diuretics <i>Use:</i> Hypertension <i>Common drugs:</i> Bumetanide, Furosemide, Hydrochlorothiazide	●		●			●				●			●					●				●				●	
Estrogens <i>Use:</i> Post-menopausal symptoms <i>Common drugs:</i> Estradiol, Estring, Estrace	●			●		●								●					●							●	
H₂RAs <i>Use:</i> GERD, heartburn <i>Common drugs:</i> Cimetidine, Ranitidine, Famotidine						●					●	●		●			●									●	

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Insulin <i>Use:</i> Type 1 and 2 diabetes <i>Common drugs:</i> Humalog, Lantus, Lispro, Novolog																			●									
Macrolide Antibiotics <i>Use:</i> Bacterial infections <i>Common drugs:</i> Azithromycin, Clarithromycin		●	●	●	●	●			●					●										●				
NSAIDs <i>Use:</i> Inflammation <i>Common drugs:</i> Ibuprofen, Meloxicam, Naproxen, Diclofenac														●														
Opioids <i>Use:</i> Chronic pain <i>Common drugs:</i> Hydrocodone, Oxycodone, Morphine	No Known Significant Depletions																											
Oral Contraceptives <i>Use:</i> Birth control, menstrual cycle regulation <i>Common drugs:</i> Ethinyl Estradiol, Norgestimate, Drospirenone, Northindrone	●	●		●			●							●					●								●	
Penicillin Antibiotics <i>Use:</i> Bacterial infections <i>Common drugs:</i> Amoxicillin, Ampicillin, Penicillin		●		●	●	●			●					●					●		●		●		●			

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PPIs <i>Use:</i> GERD, PUD <i>Common drugs:</i> Esomeprazole, Lansoprazole, Omeprazole, Pantoprazole						●					●			●			●		●								●	
Salicylates <i>Use:</i> Analgesic, Ischemic attacks and myocardial infarction risk reduction <i>Common drugs:</i> Aspirin						●	●							●														
Skeletal Muscle Relaxants <i>Use:</i> Muscle spasms, gastrointestinal reflux <i>Common drugs:</i> Baclofen, Cyclobenzaprine	No Known Significant Depletions																											
SSRI/SNRIs <i>Use:</i> Depression, anxiety <i>Common drugs:</i> Citalopram, Desvenlafaxine, Duloxetine, Escitalopram, Fluoxetine, Sertraline, Paroxetine, Venlafaxine	No Known Significant Depletions																											
Statins <i>Use:</i> Hyperlipidemia <i>Common drugs:</i> Atorvastatin, Rosuvastatin, Simvastatin, Pravastatin										●			●					●										
TCA's <i>Use:</i> Depression <i>Common drugs:</i> Amitriptyline	No Known Significant Depletions																											

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