

Do You Take Any of These?

Research has shown that 70 percent of Americans are on at least one prescription drug. While prescription drugs can be helpful in the treatment of both acute and chronic disease, many have been linked to the development of nutritional deficiencies.

This chart offers a list of commonly prescribed medications and the most common nutritional deficiencies associated with them. Do you suspect the drug(s) you take are causing nutritional deficiencies? Talk with your doctor about testing.

For my patients, I recommend micronutrient testing from [SpectraCell Laboratories](#).

This lab performs micronutrient testing on white blood cells rather than blood serum. Certain nutrients, such as magnesium, will often be normal on a regular blood test. This can be highly misleading. It is much more important to check these nutrients at the cellular level.

Once you know which nutrients you may be lacking, you can invest in the right type of [high-quality nutritional supplements](#) to offset them.

DRUG	NUTRITIONAL DEFICIENCY	POTENTIAL HEALTH PROBLEM
ANTI-INFLAMMATORIES Corticosteroids: Prednisone, Prednisolone, Medrol, Artistocort, Decadron	Calcium	Osteoporosis, heart and blood pressure irregularities, tooth decay
	Vitamin D	Osteoporosis, muscle weakness, hearing loss
	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
	Zinc	Weak immunity, slow wound healing, sense of smell/taste, sexual dysfunction
	Vitamin C	Lowered immune system, easy bruising, poor wound healing
	Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk

	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
	Selenium	Lowered immunity, reduced antioxidant protection
	Chromium	Elevated blood sugar, elevated cholesterol & triglycerides, diabetes risk
NSAIDS: Motrin, Aleve, Advil, Anaprox, Voltaren, Mobic, Indocin, Celebrex, Naprosyn, and others	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
Aspirin & Salicylates	Vitamin C	Lowered immune system, easy bruising, poor wound healing
	Calcium	Osteoporosis, heart & blood pressure, tooth decay
	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
	Iron	Anemia, weakness, fatigue, hair loss, brittle nails
	Vitamin B5	fatigue, listlessness, and possible problems with skin, liver, and nerves

DIURETICS Loop Diuretics (Lasix, bumetanide, Edecrin) and Thiazide Diuretics (HCTZ, Enduron, Diuril, Zaroxolyn, and others)	Calcium	Osteoporosis, heart and blood pressure irregularities, tooth decay
	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
	Vitamin B1	Depression, irritability, memory loss, muscle weakness, edema
	Vitamin B6	Depression, sleep disturbance, increased heart disease risk
	Vitamin C	Lowered immunity, easy bruising, poor wound healing
	Zinc	Weak immunity, wound

	<p>Coenzyme Q10</p> <p>Potassium</p> <p>Sodium</p>	<p>healing, sense of smell/taste, sexual dysfunction</p> <p>Various cardiovascular problems, weak immune system, low energy</p> <p>Irregular heartbeat, muscle weakness, fatigue, edema</p> <p>Muscle weakness, dehydration, memory problems, loss of appetite</p>
<p>Potassium Sparing Diuretics Dyazide, Maxzide</p>	<p>Calcium</p> <p>Folic Acid</p> <p>Zinc</p>	<p>Osteoporosis, heart & blood pressure irregularities, tooth decay</p> <p>Birth defects, cervical dysplasia, anemia, cardiovascular disease</p> <p>Weak immunity, wound healing, sense of smell/taste, sexual dysfunction</p>
<p>CARDIOVASCULAR DRUGS Antihypertensives (Catapres, Aldomet)</p>	<p>Coenzyme Q10</p> <p>Vitamin B6</p> <p>Zinc</p> <p>Vitamin B1</p> <p>Coenzyme Q10</p>	<p>Various cardiovascular problems, weak immune system, low energy</p> <p>Depression, sleep disturbances, increased cardiovascular disease risk</p> <p>Weak immunity, wound healing, sense of smell/taste, sexual dysfunction</p> <p>Depression, irritability, memory loss, muscle weakness, edema</p> <p>Various cardiovascular problems, weak immune system, low energy</p>
<p>ACE Inhibitors (Capoten, Vasotec, Monopril & others)</p>	<p>Zinc</p>	<p>Weak immunity, wound healing, sense of smell/taste, sexual dysfunction</p>
<p>Beta Blockers (Inderal, Corgard, Lopressor, Toprol, and others)</p>	<p>Coenzyme Q10</p>	<p>Various cardiovascular problems, weak immunity, low energy</p>

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 (Dymelor, Tolinase, Micronase/Glynase, DiaBeta, Glipzide, Glyburide)	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
ANTIVIRAL AGENTS Zidovudine (Retrovir, AZT & other related drugs)	Carnitine Copper Zinc Vitamin B12	Increase blood lipids, abnormal liver function Anemia, fatigue, cardiovascular and connective tissue problems Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Anemia, depression, tiredness, weakness, increased cardiovascular risk
Foscarnet	Calcium Magnesium Potassium	Osteoporosis, heart and blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Irregular heartbeat, muscle weakness, fatigue, edema
ANTACIDS/ULCER MEDICATIONS	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk

Pepcid, Tagamet, Prevacid, Nexium, Prilosec, Magnesium & Aluminum antacids	Folic Acid	Birth defects, cervical dysplasia, anemia, heart disease, cancer risk
	Vitamin D	Osteoporosis, muscle weakness, hearing loss, weakened immune system
	Calcium	Osteoporosis, heart & blood pressure irregularities, tooth decay
	Iron	Anemia, weakness, fatigue, hair loss, brittle nails
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction

ANTIBIOTICS Gentamycin, neomycin, streptomycin, cephalosporins, penicillins	B Vitamins Vitamin K	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, problems with digestion and absorption of nutrients, and may also lead to a variety of other health problems such as chronic candidiasis
Tetracyclines	Calcium	Osteoporosis, heart & blood pressure irregularities, tooth decay
	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
	Iron	Slow wound healing, fatigue, anemia
	Vitamin B6	Depression, sleep disturbance, increased cardiovascular risk
	Zinc	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
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ANTI-DEPRESSANTS Adapin, Aventyl, Elavil, Pamelor, SSRIs, SNRIs	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
Major Tranquilizers (Thorazine, Mellaril, Prolixin, Serentil, & others)	Vitamin B2	Problems with skin, eyes, mucous membranes and nerves

FEMALE HORMONES Oral Estrogen/Hormone Replacement Oral Contraceptives	Vitamin B6	Depression, sleep disturbance, increased cardiovascular disease risk
	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
	Vitamin B1	Depression, irritability, memory loss, muscle weakness, edema
	Vitamin B2	Problems with skin, eyes, mucous membranes and nerves
	Vitamin B3	Cracked, scaly skin, swollen tongue, diarrhea
	Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk
	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
	Vitamin C	Lowered immune system, easy bruising, poor wound healing
	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
	Selenium	Lowered immunity, reduced antioxidant protection
Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction	

<p>ANTICONVULSANTS Phenobarbital & barbituates</p>	<p>Vitamin D</p>	<p>Osteoporosis, muscle weakness, hearing loss</p>
<p>Dilantin, Tegretol, Mysoline Depakane/Depacon</p>	<p>Calcium</p>	<p>Osteoporosis, heart & blood pressure irregularities, tooth decay</p>
	<p>Folic Acid</p>	<p>Birth defects, cervical dysplasia, anemia, cardiovascular disease</p>
	<p>Biotin</p>	<p>Hair loss, depression, cardiac irregularities, dermatitis</p>
	<p>Carnitine</p>	<p>Various cardiovascular problems, weak immune system, low energy</p>
	<p>Vitamin B12</p>	<p>Anemia, depression, tiredness, weakness, increased cardiovascular risk</p>
	<p>Vitamin B1</p>	<p>Depression, irritability, memory loss, muscle weakness, edema</p>
	<p>Vitamin K</p>	<p>Blood coagulation, skeletal problems</p>
	<p>Copper</p>	<p>Anemia, fatigue, cardiovascular and connective tissue problems</p>
	<p>Selenium</p>	<p>Lower immunity, reduced antioxidant protection</p>
	<p>Zinc</p>	<p>Weak immunity, wound healing, sense of smell/taste, sexual dysfunction</p>