

Drugs That Gobble Up Vitamins

Drug	Nutrient Deficiency	Restorative Whole Food Supplements	Natural Alternatives
Antacids (all) Some Examples below: Pepcid, Tagamet, Zantac, Prevacid, Prilosec, Tums, Nexium, Alka-Seltzer	Vitamin B-12, Thiamin, Folic Acid, Vitamin D, Calcium, Iron, Zinc, Magnesium, Phosphorous, Protein, Intrinsic Factor	call office for list (949) 375-7278	call office for list (949) 375-7278
Antibiotics (all) Some Examples below: Amoxicillin, Erythromycin, Penicillin, Tetracycline (and others)	Friendly/beneficial intestinal bacteria, Vitamin K, all B- Vitamins, all minerals		
Antidepressants (all) Some Examples below: (a) Adapin, Aventyl, Elavil, Tofranil (b) SSRI: Prozac, Zoloft, Lexapro	(a) Vitamin B2, Coenzyme Q10 (b) Melatonin		
Antidiabetic Drugs (all) Some examples below: Dymelor, Micronase, Avandia, Actos	Vitamin B12, Folic Acid, CoQ- 10		
Anti-inflammatories (all) Some examples below: (a)NSAIDS: Advil, Aleve, Dolobid, Motrin, Naprosyn, Voltaren, and others (b)Steroids: Cortisone, Prednisone, Medrol, Aristocort, Decadron	(a) Vitamin C, Folic Acid, Iron, Potassium (b) Vitamin C, Vitamin D Folic Acid, Zinc, Calcium, Magnesium, Potassium, Selenium		

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Analgesic (all) Some examples below: Acetaminophen	Folic Acid, Vitamin C, Iron, Potassium		
Anti Hypertensives (all) Some examples below: Hydralazine, Beta Blockers, Clonidine	Coenzyme Q-10, Magnesium, Vitamin B6		
Cholesterol Lowering Drugs (all) Some examples below: (a) Baycol, Lescol, Lipitor, Mevacor, Zocor (b) Colestid, Questran (3) Lopid, Tricor	(a) Coenzyme Q-10, Selenium, Zinc, Copper (b) Vitamin A, Vitamin B12, Vitamin D, Vitamin E, Vitamin K, Folic Acid, Iron, Calcium, Magnesium, Phosphorus, Zinc (c) Coenzyme Q-10, Vitamin E		
Diuretics (all) Some examples below: Loop, Thiazide, Potassium sparing, etc.	Vitamin B1, Vitamin B6, Magnesium, Potassium, Zinc, Vitamin C, Folic Acid, Calcium		
Female Hormones (all) Some examples below: (a) Estrogen/HRT: Evista, Prempro, Premarin, Estratab (all "bioidenticals" as well) (b) Oral Contraceptives Estrastep, Norinyl, Ortho-Novem, Triphasil	(a) Vitamin B6, B12, Coenzyme Q-10, Zinc, Folic Acid, Vitamin C, Magnesium (b) Vitamin B2, Vitamin B6, Vitamin B12, Folic Acid, Vitamin C, Magnesium, Zinc	NOTE: all hormonal therapies increase risk of estrogen dominant diseases. Myomin and Zinc combined will help offset this issue	

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Laxatives (all)	Potassium		
Tranquilizers (all) Some examples below: (a) Major: Haldol, Vesprin (b) Minor: Lunestra, Ambien (c) Psychotherapeutics: Ormazine, Thorazine	Vitamin B12, Coenzyme Q-10		
Anti-Convulsants (all) Some examples below: (a) Barbituates: Butulan, Brevital, Pentothal (b) Phenytoin: Dilantin (c) Carbamazepine: Tegretol	(a) Folic Acid, Vitamin D, Vitamin K, Calcium (b) Biotin, Folic Acid, Vitamin D, Calcium, Vitamin B1, Vitamin B12 (c) Biotin, Folic Acid, Vitamin D		
Bronchodilators (all) Some examples below: Theophylline	Vitamin B6		
Thyroid Hormone Therapy, Natural and Synthetic Thyroid (all)	Calcium	NOTE: all hormonal therapies increase risk of estrogen dominant diseases. Myomin and Zinc combined will help offset this issue	