

# Nutrient Depletions Caused by Medications

Nutrient deficiencies related to medication are a higher risk in older adults.

Cited in Dr. Jocker's **12 Surprising Factors that Influence Nutrient Deficiencies**

<https://drjockers.com/nutrient-deficiencies/>

## Nutrient Depletion Caused by Pharmaceutical Drugs

Long term use of certain medications can cause nutrient depletion. Trust your nutritional supplement needs to professionals: It is important that you take your medication as directed by your prescriber.

Drug Class	Name Brand Examples	Nutrients Depleted
Ace Inhibitors	Lotensin, Capoten, Vasotec, Monopril, Prinivil, Univasc, Accupuril, Altace, Mavik, Asceon	Zinc
Antacids	Pepcid, Tagamet, Zantac	Vitamin B12, Folate, Vitamin D, Calcium, Iron, Zinc
Antibiotics	General Aminoglycosides, Cephalosporins, Penicillins Tetracyclines	B Vitamins, Vitamin K, Healthy Intestinal Bacteria Calcium, Zinc, Magnesium, Iron, Vitamin B6, Zinc
Anti-depressants	Adapin, Aventyl, Elavil, Antidep, Pamelor, Sinequan, Nopramin	Vitamin B12, Coenzyme Q-10, Folate
Anti-diabetic Drugs	Micronase, Tolinase Glucophage	Coenzyme Q-10 Vitamin B12, Folate
Beta Blockers	Catapres, Aldomet, Corgard, Inderal, Lopressor, Betapace	Coenzyme Q-10
Contraceptives	Norinyl, Ortho-Novum, Triphasil, etc.	Vitamins B2, B3, B6, B12, C, Folate, Healthy Intestinal Bacteria, Magnesium, Zinc
Corticosteroids	Cortone, Hydrocortone, Deltasone, Prelone, Azmecort, Medrol, Decadron, Celestone	Vitamin C, D, Folate, Calcium, Magnesium, Potassium, Selenium, Zinc
Diuretics, Loop	Lasix, Bumex, Edecrin	Vitamins B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium
Diuretics, Thiazide	Hydrodiuril, Diuril, Zaroxolyn	Magnesium, Potassium, Zinc, Coenzyme Q-10, Sodium
Estrogen	Premarin, Prempro, Premphase, FemHRT, Activella, Ortho-Prefest, Cenestin, Estratab, Menest, Estrace, Ortho-Est, Ogen, Estinyl	Vitamins B2, B6, C, Folate, Magnesium, Zinc
NSAID's	Aspirin & Salicylates Motrin, Naprosyn, Clinoril, Feldene, Voltaren, Lodine, Orudis, Toradol, Relafen, Indocin	Vitamin C, Iron, Potassium Folate
Proton Pump Inhibitors	Aciphex, Nexium, Losec, Prevacid, Pantoloc, Protonix, Prilosec OTC	Vitamin B12
Statin Cholesterol Lowering Drugs	Lescol, Lipitor, Mevacor, Zocor, Pravachol, Crestor	Coenzyme Q-10, Magnesium, Potassium
Vasodilators, Direct	Apresoline, Loniten	Vitamins B6, Magnesium, Calcium, Potassium, Zinc, Coenzyme Q-10