

# Adverse Drug/Nutrient Interactions

Medication	Nutrients Depleted
<b>Antacids/Ulcer medications</b>	Vit B12, Folic Acid, Vit D, Calcium, Iron, Zinc
<b>Anti-Biotics: see extensive list <a href="#">here</a></b>	Beta-carotene, Biotin, Calcium, Carnitine, Copper, Folate, Iron, Magnesium, Niacin, Potassium, Vitamin A, B1, B2, B5, B6, B12, C, D, K, Zinc
<b>Anticholinergics: dicylomine, atropine</b>	PABA, Riboflavin
<b>Anti Convulsants : Carbamazepine, Phenytoin, Valproic acid (epileptic medication)</b>	Biotin, Calcium, Carnitine, Copper, Folate, Niacin, Phosphorus, Riboflavin, Selenium, Thiamin, Vitamin B6, B12, D, E, K, Zinc
<b>Angiotensin converting enzyme inhibitors (ACEIs)</b>	Serotonin, Zinc
<b>Anti-inflammatories: NSAIDS including diclofenac, ibuprofen, naproxen, paracetamol, aspirin</b>	Folate, Iron, Vitamin C, Vitamin K, Zinc, Chromium, Glutathione, Selenium
<b>Antidepressants</b>	CoQ10, Vit B2, Protein, Sodium
<b>Antidiabetics: Metformin</b>	CoQ10, Folate, Magnesium, Thiamin, Vitamin B12
<b>Antifungals:</b>	Magnesium, Potassium
<b>Antigout:</b>	Beta-carotene, Copper, Folic acid, Iron, Magnesium, Niacin, Potassium, Vitamin B6, Riboflavin, Vitamin B12, Zinc
<b>Antihypertensive's:</b>	Coq10, Vit B6, Zinc
<b>Antiprotozoals:</b>	Calcium, Folate, Magnesium
<b>Anti-Retrovirals: Reverse Transcriptase Inhibitors including AZT</b>	Copper, Iron
<b>Aspirin</b>	Iron, Folic acid, Vitamin C
<b>BetaBlockers: acebutolol, atenolol, betaxolol, bisoprolol, carvedilol, celiprolol, propranolol,</b>	Melatonin, Calcium, Coenzyme Q10
<b>Birth Control Pill: Oestrogen and progesterone combination, mono and triphasic.</b>	DHEA, Folate, Magnesium, Riboflavin, Selenium, Thiamin, Vitamin A, Vit B5, Vitamin B6, Vitamin B12, Vitamin C, Zinc
<b>Bisphosphonates: Bone management</b>	Iron, Phosphorus
<b>Cholestyramines (bile sequestration agent)</b>	Vitamin A,D,E,B12,K Folic acid, Beta-carotene
<b>Corticosteroids: Prednisone, Prednisolone, Hydrocortisone, Beclometasone, Dexamethasone)</b>	Calcium, Chromium, Folate, Iron, Magnesium, Phosphorus, Potassium, Selenium, Strontium, Zinc.
<b>Digoxin: Heart medication</b>	Magnesium, Vitamin B1
<b>Diuretics:</b>	Calcium, CoQ10, Copper, Folate, Magnesium, Potassium, Riboflavin, Sodium, Thiamine, Vitamin C, Zinc
<b>Fibrates- Cholesterol lowering medications</b>	CoQ10, Vitamin E
<b>Histamine H2 Blockers:</b>	Calcium, Vitamin D, Iron, Vitamin B12, Folic acid, Zinc
<b>Interleukins: IL-2</b>	Magnesium
<b>Psychotropics: chlorpromazine etc.</b>	CoQ10, B12, Riboflavin, Selenium
<b>Proton Pump Inhibitors: Lansoprazole, Omeprazole</b>	Vit B12
<b>Sodium Bicarbonate</b>	Magnesium, Vitamin B12
<b>SSRI's: antidepressants – Fluoxetine, Sertraline etc.</b>	Protein, Sodium
<b>Statins ( HMG-CoA reductase inhibitors)</b>	CoQ10
<b>Theophylline</b>	Vitamin B6
<b>Thyroid Medication:</b>	Calcium, Iron, Magnesium, Phosphate