

THE FOLLOWING TABLE SAMPLES SOME OF THE COMMONLY-USED DRUGS, BOTH PRESCRIPTION AND OTC, AND THE NUTRIENT DEFICIENCIES THAT MAY RESULT.

DRUGS (GENERIC NAMES/CLASSES)	NUTRIENTS POSSIBLY DEPLETED
Antacids/ulcer medications	Vitamin B-12; folic acid; Vitamin D; calcium; iron; zinc
Antibiotics	B Vitamins; Vitamin K
<i>Tetracyclines</i>	Calcium; magnesium; iron; Vitamin B-6; zinc
Anti-convulsants	Vitamin D; calcium; folic acid; biotin; carnitine; Vitamin B-12; Vitamin B-1; Vitamin K; copper; selenium; zinc
Anti-depressants	Vitamin B-12; coenzyme Q10
Anti-inflammatories	
<i>Corticosteroids</i>	Calcium; Vitamin D; magnesium; zinc; Vitamin C; Vitamin B-6; Vitamin B-12; folic acid; selenium; chromium
<i>NSAIDS (non-steroidal anti-inflammatory drugs) & aspirin</i>	Folic acid; Vitamin C; calcium; iron; Vitamin B-5
Anti-viral agents	Carnitine; copper; zinc/Vitamin B-12; calcium; magnesium; potassium
Cardiovascular drugs	
<i>Antihypertensives</i>	Coenzyme Q10; Vitamin B-6; zinc; Vitamin B-1
<i>ACE inhibitors</i>	Zinc
<i>Beta blockers</i>	Coenzyme Q10
Cholesterol drugs (statins)	Coenzyme Q10; Vitamins A, B-12, D, E, K; folic acid; calcium
Diabetes drugs	
<i>Metformin</i>	Coenzyme Q10; Vitamin B-12; folic acid
<i>Sulfonylureas</i>	Coenzyme Q10
Diuretics	Calcium; magnesium; Vitamin B-1; Vitamin B-6; Vitamin C; zinc; coenzyme Q10; potassium; sodium; folic acid
Estrogen/hormone replacement	Vitamin B-6
Oral contraceptives	Folic acid; Vitamins B-1, B-2, B-3, B-6, B-12, C; magnesium; selenium; zinc

References:

Drug-Nutrient Interactions and Drug-Supplement Interactions. (2014). FamilyDoctor.org. Retrieved from <http://familydoctor.org/familydoctor/en/drugs-procedures-devices/over-the-counter/drug-nutrient-drug-supplement-interactions.printerview.all.html>.

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