

# Drug Induced Nutrient Depletion



Type Of Drug	Name Brand Examples	Nutrients Depleted
ANTACIDS	Pepsid, Tagamet, Zantac	B-12, Folic Acid, Vitamin D, Calcium, Iron, Zinc
	Prevacid, Prilosec	Vitamin B-12
ANTIBIOTICS	Aminoglycosides (gentromycin, neomycin, streptomycin), Cephalosporins, Penicillins	B Vitamins, Friendly Intestinal Flora
	Tetracyclines	Calcium, Zinc, Magnesium, Iron, B6, Zinc
ANTI-DIABETIC DRUGS	Micronase, Tolinase	Co-Q10
	Glucophage	Co-Q10, Vitamin B-12, Folic Acid
ANTI-DEPRESSANTS	Adapin, Aventyl, Elavil, Tofranil, Pamelor, Sinequan, Norpramin	B-12, Co-Q10
ANTI-INFLAMMATORIES	Aspirin & Salicylates	C, Folic Acid, Iron, Potassium
	Advil, Aleve, Anaprox, Dolobid, Feldene, Lodine, Motrin, Naprosyn, Orudis, Relafin	Folic Acid
	Betamethasone, Cortisone, Dexamethasone, Hydrocortisone, Methylprednisone, Prednisone	C, D, Folic Acid, Calcium, Magnesium, Potassium, Selenium, Zinc
CARDIOVASCULAR DRUGS	Apresoline	B6, Co-Q10,
	Catapres, Aidomet	Co-Q10
	Corgard, Inderal, Lopressor, Betapace, Tenormin, Sectral, Biocadren	- Co-Q10, Melatonin
DIURETICS	Lasix, Bumex, Edecrin	Vitamins B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium
	Enduron, Diuril, Lozol, Zaroxolyn, Hygroton	Magnesium, Potassium, Zinc, Co-Q10, Sodium
CHOLESTEROL LOWERING AGENTS (STATINS)	Lescol, Lipitor, Mevacor, Zocor, Prevachol, Crestor	Co-Q10
	Colestid, Questran	A, B12, D,E, Folic Acid Iron
ULCER MEDICATIONS	Tagamet, Pepsid, Zantac	B12, D, Folic Acid, Calcium, Iron, Zinc, Protein
	Prevacid, Prilosec	B12, Protein
HRT- HORMONE REPLACEMENT THERAPY	Evista, Prempro, Premarin, Estratab	B2, B6, B12, C, Folic Acid, Magnesium, Zinc
ORAL CONTRACEPTIVES	Norinyl, Ortho-Novum, Triphasil, etc.	B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium

	A	B2	B3	B6	B12	C	Calc	CO10	D	Folic	Flora	Iron	Meg	Mela	Prot	Pot	Sel	Zinc
Active Nutrients																		
IgG Pure																		
Iron Glycinate																		
Lacidifil																		
Melatonin																		
MethylProtect																		
Methylcobalimin																		
MinRx																		
Mycelle D3																		
Opticleanse Plus																		
Optimag																		
Ossopan MD																		
QEC 100																		
Saccharomycin DF																		
Zinc Glycinate																		

Note: For more products containing these ingredients, Please refer to the Xymogen product Catalog