

Do I need a supplement if I take prescription medications?

“In this day and age, a vast number of people are undernourished. We exist in a culture where many people rely on processed junk foods. Meanwhile, factory farming has done horrible things to the nutritional content of our food supply. Everybody’s lives are stressful, and additionally the environment is more polluted than it has ever been (stress and toxins deplete nutrients).”

When a drug, or multiple drugs, create nutritional deficiencies on top of this existing nutrient inadequacy, it’s an additive effect... I feel that the nutrient depletion issue related to drugs is a contributing factor to increased health problems.

I think the most important thing is to try to educate health professionals and the general public about this topic so that they can take appropriate actions to replenish the nutrients that are possibly depleted by the drugs they are taking. With this knowledge, people can improve their own health out come.”

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Before you can replenish what nutrients may be depleted by prescription drugs, It helps to take a quick inventory of which medications you use. Check this handy reference chart to get an idea of possible nutritional interactions that may be associated with some of America’s most commonly prescribed drugs.

Drug Type	Generic Name	Prescribed For	Potential Nutritional Depletion
Ace Inhibitors	Benazepril, Captopril, Enalapril, fosinopril, Lisinopril, Moexirpril, Perinodopril, Quinapril, Ramipril, Trandolapril	High Blood Pressure, Coronary Artery Disease, Diabetes, Heart Attacks, Heart Failure, Migraines, Scleroderma, some Kidney Diseases	Sodium, Zinc
Antibiotics	Aminoglycosides, Carbapenems, Cephalosporins, Fluoroquinolones, Glycylcycline, Monobactam, Penicillins, Polypeptides, Sulfonamides, Tetracyclines	Bacterial Infections	Calcium, Magnesium, Postassium, Vitamin K, folic Acid, B Vitamins, Inositol, Friendly intestinal flora
Anticonvulsants	Primidone, Phenytoin, Carbamazepine, Vaoproic Acid	Seizures. Neuropathic pain, Migraines, Bipolarism, Mood disorders	Biotin, Folic Acid, Riboflavin, Vitamin A, Thiamin, Vitamins B12, B6, C and D
Antidepressants	Fluoxetine, Sertraline, Paroxetine	Depression	Melatonin, Folic Acid, Sodium

Anti-Hyperglycemics	Biguanides, Sulfonylureas, Meglitinides, thiazolidinediones, alpha-glucosidase inhibitors, Dipeptidyl peptidase-4 inhibitors, Glucagon-like peptide agonists	Pre-Diabetes, Diabetes	Folic Acid, Vitamin B12, Coenzyme Q10
Benzodiazepines	Alprazolam, clordiazepoxide, Clonazepam, Clorazepate, Diazepam, Lorazepam, Oxazepam	Anxiety, Panic disorder, Phobic Disorders	Melatonin
Beta Blockers	Acebutolo, Atenolol, Betaxolo, Bisoprolol, Carteolol, Metoprolol, Nadolol, Penbutolol, Pindolol, Propranolol, Timolol	High Blood Pressure, Heart Failure, Angina, Heart Attacks, Arrythmia	Coenzyme Q10, Chromium, Melatonin
Bronchodilators	Theophylline, albuterol, Levalbuterol, Pirbuterol, Formoterol, Salmeterol	Asthma, Bronchitis (chronic), Emphysema	Potassium
Calcium Channel Blockers	Amlodipine, Felodipine, Isradipine, Nicardipine, Nisoldipine, Verapamil	High-Blood Pressure, Heart Disease, Arrythmia	Potassium
Corticosteroids	Prednisone, Dexamethasone, Triamcinolone, Betamethasone, Beclomthasone, Flunisolide, Fluticasone	Autoimmune conditions, Rheumatic conditions, asthma, Dermatologic Problem, Allergic conditions	Calcium, folic acid, Magnesium, Potassium, Selenium, Vitamin C,D and Zinc
Diuretics	Bumetanide, Ethacrynic Acid, Furosemide, Torsemide, Amiloride, Eplerenone, Spironolactone, Triamterene	High Blood Pressure, Heart Disease	Magnesium, Iron, vitamin C, Potassium, Zinc, Thiamine, Vitamin B6, Folic Acid
Non Steroidal Anti-Inflammatories	Naproxen, Ibuprofen, Ketoprofen, Celecoxib, Aspirin	Pain, Inflammation, Arthritic Conditions	Folic Acid, Iron, Potassium, Vitamin C, Sodium
Oral Contraceptives	Ortho Tri-cyclen	Birth Control	Vitamins B, C, Zinc Folic acid, Selenium, Trace Minerals
Proton Pump Inhibitors and H2 blockers	Lansoprazole, Omeprazole, Pantoprazole, Rabeprazole, Esomeprazole, Cimetidine, Famotidine, Nizatidine, Ranitidine	Ulcers, GERD, Acid Reflux	Vitamin B1, B12, D, Calcium, Iron, Zinc, Folic Acid
Statins	Atorvastatin, Fluvastatin, Lvastatin, Pravastatin, Rosuvastatin, Simvastatin	High Cholesterol, Heart Disease	Coenzyme Q10

*for a list of all references used in creating this chart, please visit www.vibrantlifepublishing.com