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| **Drug Category** | **Nutrients Depleted** | **Health Risks** |
| **Blood Pressure**  **Cardiovascular** | **Coenzyme Q10, Magnesium, Vitamin B6, Vitamin C, Zinc,**  **Vitamin B1, Potassium\* Calcium\*, Folic Acid\*** | **Increased risk of heart disease, lower energy, Lowered immunity, slow healing**  **Depression, memory loss, muscle weakness, sexual dysfunction, weakened immunity, loss senses of smell and taste, cervical dysplasia, PMS, Heartbeat irregularity, fatigue, anxiety, nervousness, Osteoporosis, tooth decay, Birth defects, anemia** |
| **Antacids, upset Stomach, Ulcer and Intestinal Cramps** | **Vitamin D, Calcium**  **Vitamin B12**  **Iron**  **Folic Acid**  **Zinc** | **Increased risk of osteoporosis**  **Increased risk of heart disease**  **Fatigue, anemia**  **Birth defects, anemia, heart disease**  **Lowered immunity, slow wound healing** |
| **Cholesterol** | **Coenzyme Q10, Calcium, Folic Acid, Iron, Magnesium, Vitamins A, D,E, K, B12, Copper, Zinc** | **Increased risk of heart disease, lower energy, suppressed immune system** |
| **Antidepressants** | **Coenzyme Q10**  **Vitamin B2** | **Increased risk of heart disease, fatigue, suppressed immune system, disorders of the skin, eye, and nerves** |
| **Anti Diabetics**  **(Metformin, Glucophage)** | **Vitamin B12, Folic Acid, Coenzyme Q10** | **Anemia, tiredness, depression, increased risk for cardiovascular disease, weakened immune system, cancer risk, muscle weakness** |
| **Antibiotics** | **Vitamin B1, B2, D, Niacinamide, B6, B12, Calcium, Iron, and Biotin**  **Lactobacilus acidophilus, Bifidobacterium longum, Bifidobacterium bifidum** | **Vulnerability to physical and emotional stress causing sleep disturbances and skin disorders**  **Poor digestion and nutrient absorption, diarrhea, suppressed immune system** |
| **Arthritis or Pain Relief (including aspirin and ibuprofen)** | **Vitamin C, Zinc, Selenium**  **Vitamin D, Calcium**  **Magnesium**  **Potassium**  **Folic Acid, B6, B12, Iron** | **Depressed immune system**  **Increased risk of osteoporosis**  **Increased risk of heart disorders, osteoporosis**  **Birth defects, anemia**  **Anemia, fatigue** |
| **Birth Control (see Estrogen, also)** | **Magnesium, Vitamin B2, Vitamin B6, B12**  **Vitamin C, Zinc**  **Folic Acid** | **Increased risk of osteoporosis, heart disease, skin, eye, and nerve disorders. Increased risk of heart disease, fatigue**  **Lower immunity, slow wound healing**  **Birth defects, anemia** |
| **Estrogen** | **Vitamin B6, B1, B3, B 2, B12, C, E, Calcium, Magnesium, Folic Acid, Selenium, Tyrosine**  **Zinc** | **Increased risk of cardiovascular disease, high cholesterol, depression, sleep disturbances, PMS**  **Cardiovascular problems, increased risk of osteoporosis, Lowered immunity, slow wound healing, tooth decay, birth defects, cervical dysplastia.** |

\*While some blood pressure prescriptions deplete folic acid, potassium and calcium, it is not advisable to take these nutrients with certain types of blood pressure prescriptions. Therefore, they are not recommended.

Information Resources: University of Maryland Medical Center Complimentary and Alternative Medicine Index, Drug-Herb-Vitamin Interactions Bible; Prima Publishing, The Side Effects Bible: Broadway Books, A-Z Guide to Drug-Herb-Vitamin Interactions; Prima Health; Herb Contraindications and Drug Interactions: Eclectic Medical Publications, Drug-Induced Nutrient Depletion Handbook, Lexi-Comp, TauMed Beta, PubMed Journals

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