

# DR. JOE ESPOSITO



## Essential Nutrients for Drug-Induced Depletion

Medication Class & Examples	Nutrient Depletion	Recommendations
<b>ANALGESICS/NARCOTICS</b>		
<b>NSAIDs</b> Diclofenac, Celebrex, Ibuprofen, Motrin, Advil, Naproxen, Aleve, Difunisal, Etodolac, Ketoralac	Vitamin C, Folic Acid	Essential Source Glutathione
<b>Opiates</b> Hydrocodone, Oxycodone, Morphine	Vitamin C, Folic Acid, Potassium	Essential Source Glutathione Intestinal Cleanser
<b>ANTACIDS/ANTIULCERATIVE</b>		
<b>H2 Inhibitors</b> Famotidine, Pepcid, Tagamet, Zantac	Vitamin D, B1, Folic Acid, B12, Calcium, Zinc	Essential Source B Complex
<b>Proton Pump Inhibitors</b> Omeprazole, Prilosec, Prevacid, Nexium, Protonix, Aciphex	B1, Folic Acid, B12, Calcium, Zinc	Essential Source B Complex
<b>Antacids</b> Amphojel, Basaljel, Aluminum Hydroxide plus Magnesium, Gaviscon, Gelusil, Maalox, Mylanta	Vitamin D, Folic Acid, Calcium, Phosphorus, Magnesium, Zinc	Essential Source B Complex
<b>ANTIDEPRESSANTS</b>		
<b>Antidepressants</b> Amitriptyline, Clomipramine, Doxepin Imipramine, Anafranil, Asendin, Elavil, Tofranil, Vivactil	Vitamin B2	B Complex
<b>ANTIBIOTICS</b>		
<b>Antibiotics</b> Levaquin, Avelox, Cipro, Floxin, Noroxin, Trovan, Amoxicilin, Amoxil, Trimox, Penicillin, Erythromycin, Azithromycin, Biaxin, Zithromax	B1, B2, B6, B12, Vitamin K, Calcium, Magnesium, Zinc, Potassium, Healthy Intestinal Bacteria	Essential Source B Complex Optimal Probiotic
<b>ANTI-INFLAMMATORY</b>		
<b>Corticosteroids</b> Betamethasone, Prednisolone, Predisone	Vitamin C, Vitamin D, B6, Folic Acid, Calcium, Magnesium	Essential Source
<b>BLOOD SUGAR</b>		
<b>Biguanides</b> Metformin, Glucophage	Folic Acid, B12	B Complex
<b>Sulfonylureas</b> Glyburide, Glipizide, Glimepiride, Amaryl, Diabeta, Glucotrol, Glynase, Micronase	Healthy Intestinal Bacteria	Optimal Probiotic
<b>BONE</b>		
<b>Bisphosphonates</b> Fosamax, Actonel, Boniva, Didronel, Reclast	Calcium, Phosphorus, Magnesium	Essential Source

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<b>CARDIOVASCULAR</b>		
<b>Statins</b> Lipitor, Crestor, Lescol, Pravachol, Zocor, Mevacor, Tricor, Fenfibrate	Fat Soluble Vitamins (A, D, E, K) Zinc	Essential Source Vegan Omega 3
<b>ACE Inhibitors</b> Lisinopril, Altace, Accupril, Capoten, Prinivil, Zestril, Vasotec	Zinc	Essential Source
<b>Calcium Channel Blockers</b> Amlodipine (Norvasc), Felodipine (Plendil), Nifedipine (Procardia, Adalat), Nimodipine (Nimotop), Nisoldipine (Sular)	Vitamin D, Potassium	Essential Source Mega Liquid D3 with K2
<b>Cardiac Glycosides</b> Digoxin, Digitek, Lanoxin, Lanoxicaps	B1, Calcium, Magnesium, Phosphorus, Potassium	Essential Source B Complex
<b>Potassium Supplements</b>	B12	B Complex
<b>DIURETICS</b>		
<b>Loop Diuretics</b> Furosemide, Lasix, Ethacrynic acid, Edecrin, Bumex	Vitamin C, B1, B6, Calcium, Phosphorus, Magnesium, Zinc, Potassium	Essential Source B Complex
<b>Thiazide Diuretic</b> Hydrochlorothiazide	Vitamin C, Vitamin D, B1, B6, Calcium, Phosphorus, Magnesium, Zinc, Potassium	Essential Source
<b>Potassium Sparing Diuretics</b> Amiloride, Spironolactone, Trimterene, Aldactone, Dyazide, Dyrenium, Maxzide	Calcium, Phosphorus, Magnesium	Essential Source
<b>HORMONES</b>		
<b>Conjugated Estrogens</b> Premarin, Prempro, Oral Contraceptives, Estrace	Vitamin D, B6, Folic Acid, B12, Calcium, Magnesium, Zinc	Essential Source B Complex
<b>Bio-Identical Hormones</b> Estradiol, Estriol, Estrone		
<b>LAXATIVES</b>		
<b>Laxatives with Bisacodyl</b> Carter's Little Pills, Correctol, Dulcolax, Feen-a-Mint, PMS-Bisacodyl	Calcium, Potassium	Essential Source Optimal Probiotic
<b>RESPIRATORY</b>		
<b>Beta-2 Adrenergic Receptor Agonists</b> Albuterol aerosol, Advair, Brethine, Proventil, Tonalate, Xopenex, Ventolin	Calcium, Phosphorus, Magnesium, Potassium	Essential Source

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