SUBSTANCES THAT DEPLETE NUTRIENTS

Substance	Nutrients that are depleted
Acids	Vit. B5 (pantothenic acid) Vit. K Folic acid
Actinomycin D	Calcium
Alcohol	Magnesium Vit. B complex Biotin, Folic acid Vit. A Vit. C, D, E and K Magnesium, zinc Amino acids, fat
Alkalines eg. baking soda	Vit. B1 Vit. B2 Vit. B15 Vit. C
Allopurinol	Iron
Antacids	Calcium Phosphate Vit. A, B complex (esp. B1) and D Iron, sodium
Antibiotics	Vits. C and K Friendly bacteria
Antihistamines	Vit. C
Antituberculous agents	Niacin, B6, calcium, Vit. D, E
Antiviral agents	Copper, zinc
Aspirin	Calcium Folic Acid Iron Potassium Vits. A, B complex and C
AZT	Copper, zinc, friendly bacteria
Barbiturates	Vit. C, Vit. D, Folic acid, B12, calcium
Bile acid Sequestrants	Vit. A, D, E, K. B12, betacarotene, folic acid, iron, fat
Birth Control Pills	Vit. A, E increased Vit. B2, B6, B12, C, Folic acid, zinc, Hemoglobin Copper absorption increased
Bisacodyl	Potassium

BroncoDilators	**Vit. B6**
Caffeine	**Biotin** **Inositol** **Potassium** **Thiamine** **Vit. B1** **Zinc**
Capreomycin	**Calcium, magnesium, possibly phosphate**
Carbamazepine	**Dilutes blood sodium**
Cardiovascular drugs	**Calcium, magnesium, Co enzyme Q10**
Chemo	**Most vitamins and minerals**
Chlorothiazide	**Magnesium** **Potassium**
Cholestid	**Vit. A, D, E, K malabsorption** **A, B12, iron, electrolytes, xylose decreased absorption** **Vit. K if high doses and prolonged use**
Cholestyramine	**Vit. A, D, E, K malabsorption** **A, B12, iron, electrolytes, xylose decreased absorption** **Vit. K if high doses and prolonged use**
Cimetidine	**Iron**
Clofibrate	**B12, iron, carotene, glucose, electrolytes** **Med. chain triglycerides, xylose**
Clonidine	**Alpha adrenegeric blocker** **Calcium** **B Complex**
Colestipol	**Vit. A, D, E, K malabsorption** **A, B12, iron, electrolytes, xylose decreased absorption** **Vit. K if high doses and prolonged use**
Cortisone	**Increases metabolism of Vit. D (accelerates bone loss)** **Excretes Vit. C, zinc, potassium, magnesium** **Vit. B6**
Cycloserine	**Folate** **Vit. B6**
Coffee	**Inositol**
Colchicine (anti-inflam)	**Vit. A, D, B12, beta carotene, fat, xylose, lactose**
Copper (copper pots)	**Vit. B1**
Corticosteroids	**Calcium**

	Vit. A, B6, D **Potassium** **Zinc**
Coumadin	**Vit. K (esp. if there is deficiency of potassium, ascorbic acid and dietary fat)**
Cyclophosphamide	**Decreases fat absorption** **Vit. B 1 absorption**
Diabetic Agents	**Co-enzyme Q10, B12**
Digitalis preparations	**Thiamine (B1)** **Vit. B6** **Zinc** **Excretes Calcium, magnesium** **Decreases absorption of glucose, xylose** **If you have magnesium deficiency may have sensitivity to drug.**
Diaphenylhydantoin (Dilantin)	**Vit. D** **Calcium** **Folate** **Accelerates Vit. K metabolism**
Diuretics	**Calcium** **Iodine** **Magnesium** **Potassium** **Thiamine (B1)** **Riboflavin (B2)** **Vit. C** **Zinc**
Electrolyte therapy	**B12**
Estrogen	**Folic acid** **Vit. B6, B2**
Ethambutol	**Zinc and/or copper metabolism altered**
Florescent lights	**Vit. A**
Fluoride	**Vit. C**
Freezing	**Vitamin E** **Vit. B5 (pantothenic acid)**
Gentamicin	**Calcium, magnesium, possibly phosphate**
Glutethimide	**Folic acid** **B6**
Gout Medications	**Beta carotene, B12, Sodium, Potassium**
Guanethidine	**Magnesium** **Potassium** **Riboflavin (B2)**

	B6
Heat (cooking)	**Vit. A** **Vit. B1 (heating in liquid)** **Vit. B2 (some loss)** **Vit. B3 (if cooking in liquid and liquid is thrown away)** **Vit. B5** **Vit. B6** **Vit. C** **Folic acid** **Vit. E (to some degree)** **Essential Fatty Acids (over 110F)**
Heat in alkaline solution (cooking with baking soda)	**Vit. B1** **Vit. B2**
Hydralazine	**B6**
Hypertensive drugs	**B6, Magnesium, calcium, potassium, B1, zinc, folic acid**
Ibuprofen(motrin)	**Folic acid**
Indomethacin	**Iron**
Isoniazid	**Niacin** **B6**
Kanamycin	**Vit. A, D, K. B12, sodium, potassium, iron, calcium, fat, Cholesterol, sugar, protein**
Larodopa	**Don't take B6 with this drug** **Glucose, xylose absorption**
Laxatives (not herbal)	**Potassium** **Vit. A and K**
Levodopa	**Don't take high protein with this drug**
Lidocaine	**Calcium** **Potassium**
Light ***eg. cooking with lid off***	**Vit. B2** **Vit. B6**
Maalox	**Calcium, phosphate, copper, iron, magnesium, potassium, zinc** **Protein**
Metformin	**B12**
Methotrexate	**Folate** **Absorption B2, carotene, fat, cholesterol, lactose, xylose** **(toxicity enhanced if existing deficiency of folate and B12)**
Mineral Oil	**Vit. A,D,E,K, electrolytes, Calcium, beta carotene**
Mithramycin	**Calcium**
Nadolol	**Choline**

	Chromium **B5**
Naproxen (Naprosyn)	**Folic acid**
NSAIDs	**Folic acid**
Neomycin	**Vit. A, D, K. B12, sodium, potassium, iron, calcium, fat, Cholesterol, sugar, protein**
Nitrates/nitrites ***(coronary vasodilators)***	**Niacin** **Selenium** **Vit. B 1** **Vits. C, D, E**
Nitroglycerin	**Don't take with alcohol**
Nuclear fallout	**Iodine**
Oral Contraceptives	**Vit. A, E increased** **Vit. B2, B6, B12, C, Folic acid, zinc, Hemoglobin** **Copper absorption increased**
Oxygen (as in leaving foods (exposed to the air)	**Folic acid** **Vit. E**
Para-aminosalicylic acid	**B12, folate, cholesterol, zylose, Vit. K, potassium, Vit. B6**
Paromomycin	**Vit. A, D, K. B12, sodium, potassium, iron, calcium, fat, Cholesterol, sugar, protein**
Penicillin	**Niacin(B3)** **Niacinamide** **B6 (inactivates)** **Vit. B12, calcium, magnesium** **Glucose, carotene, cholesterol** **Vit. K synthesis**
Phenformin	**Vit. B12, calcium, amino acids** **Glucose, xylose, fat, water electrolytes** **Folate utilization**
Phenobarbital	**Folic acid** **B6** **B12** **Vit. K.** **Accelerates Vit. D metabolism (rickets, osteomalacia)**
Phenophthalein	**Calcium, potassium, Vit. D**
Phenylbutazone	**Folate/Folic acid** **Iodine**
Phenytoin	**Calcium** **Folic acid** **Vit. B12, C,D,K**

Prednisone	**Zinc** **Increases metabolism of Vit. D (accelerates bone loss)** **Excretes Vit. C, zinc, potassium, magnesium** **Vit. B6**
Processing	**Polished rice loses 26-83% of its minerals** **Corn starch loses 31-100% of its minerals** **Sugar loses 83-100% of its minerals** **Fat free milk loses all manganese, most selenium and Vit. A,D,E** **Turning whole wheat into white flour loses most minerals, acids, oils**
Propranolol	**Choline** **Chromium** **B5**
Psychotherapy drugs	**Co enzyme Q10, B2,**
Questran	**Vit. A, D, E, K malabsorption** **A, B12, iron, electrolytes, xylose decreased absorption** **Vit. K if high doses and prolonged use**
Quinidine	**Choline** **B5** **Potassium** **Vit. K**
Radon	**Iodine**
Reserpine (sympathetic inhibitor)	**Phenylalanine** **Potassium** **B2** **B6**
Salicylates (anti-inflam)	**Vit. K coagulation factors**
Showering after tanning	**Washes away Vit. D**
Smoking	**Vit. A, B6, B12, C, Folic acid** **Copper, zinc, selenium**
Sodium Bicarbonate (alka seltzer)	**Folic acid, magnesium, potassium, protein**
Solvent Extraction	**Of oil from seeds removed phospholipids, lecithin**
Spironolactone	**Calcium** **Folic acid**
Storage	**Storing fruits and vegetables loses most vitamins and minerals**
Sulfa drugs	**PABA** **Friendly bacteria**
Sulfasalazine	**Folic acid**

Sulfites	**Vit. B 2**
Sulindae(anti inflam)	**Folic Acid**
Tetracycline	**Calcium, iron, magnesium, copper, cobalt, manganese, zinc** **Vit. K,** **Vit. B2, B12, B6, B5**
Thiazides	**Magnesium** **Potassium** **B2** **Zinc**
Tobramycin	**Calcium, magnesium, possibly phosphate**
Triamterene	**Calcium** **Folic acid**
Trimethoprim	**Folic acid**
Ulcer meds.	**B12, folic acid, D, iron, zinc, protein**
Ultra violet light	**Vit. A** **Vit. B1** **Vit. B2** **Vit. E**
Viomycin	**Calcium, magnesium, possibly phosphate**
Warfarin	**Vit. K (*esp. if there is deficiency of potassium, ascorbic acid and dietary fat)***