



MediSol Pharmacy

MEDICATION SOLUTIONS FOR YOU

**6666 W Peoria Ave, Ste 101
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Drug-Induced Nutrient Depletion and Vitamin Interactions Chart

Drug Category	Common Brand Examples	Nutrients Depleted	Additional Information
Antacids	Pepcid, Tagamet, Prevacid, Prilosec, Gaviscon, Maalox, Mylanta	Vitamin B1, B9, B12, D, Calcium, Chromium, Copper, Iron, Magnesium, Zinc	Depletion due to reduced stomach acid production and nutrient malabsorption.
Antibiotics	Gentamycin, Neomycin, Streptomycin, Cephalosporins, Penicillins, Tetracyclines	B Vitamins, Good Intestinal Flora, Calcium, Magnesium, Iron, Zinc	Prolonged use affects gut microbiome, impacting nutrient absorption.
Anti-Diabetic Drugs	Metformin (Glucophage)	Vitamin B12, Folic Acid	Risk of deficiency increases with long-term use.
Antidepressants	Amitriptyline (Elavil), Nortriptyline (Pamelor)	Coenzyme Q10	May also contribute to metabolism issues.
Anti-Inflammatories	Aspirin, Advil, Aleve, Naprosyn, Motrin, Cortisone, Prednisone	Vitamin B6, C, K, Folic Acid, Iron, Potassium, Calcium, Magnesium, Zinc	Steroidal and non-steroidal varieties have distinct nutrient depletion effects.
Pain Relievers	Acetaminophen (Tylenol)	Vitamin B6, C, Iron, Potassium, Coenzyme Q10	Prolonged use may exacerbate nutrient depletion.
Cardiovascular Drugs	Clonidine (Catapres), Nadolol (Corgard), Propranolol (Inderal), Metoprolol (Lopressor), Sotalol (Betapace)	Vitamin B6, Coenzyme Q10, Melatonin	Depletion can affect heart and cellular energy function.
Diuretics	Furosemide (Lasix), Bumetanide (Bumex), Hydrochlorothiazide (Microzide)	Potassium, Sodium, Vitamins B1, B6, C, Magnesium, Calcium, Zinc,	Monitor electrolytes closely due to fluid loss.
Statins & Cholesterol-Lowering Agents	Fluvastatin (Lescol), Atorvastatin (Lipitor), Lovastatin (Mevacor), Simvastatin (Zocor), Rosuvastatin (Crestor), Cholestyramine (Questran)	Coenzyme Q10, Vitamins A, D, E, Folic Acid, Iron	Co-Q10 depletion linked to muscle pain and fatigue.
Diet Aids	Orlistat (Alli)	Vitamins A, D, E, K, Omega-3, Omega-6	Fat-soluble vitamins and essential fatty acids are significantly impacted.

Vitamin A Interactions	Retinoids (isotretinoin, acitretin)	Risk of toxicity: nausea, dizziness, blurred vision	Avoid concurrent use to prevent toxicity.
Vitamin B6 (Pyridoxine) Interactions	Levodopa, Phenytoin	Decreased efficacy in Parkinson's symptoms, seizure risk	Combine with carbidopa or adjust dosage.
Vitamin E Interactions	Warfarin	Increased risk of bleeding	Avoid doses >800 IU/day of Vitamin E.
Vitamin K Interactions	Warfarin	Decreased efficacy, risk of thromboembolism	Maintain consistent vitamin K intake.
Niacin Interactions	HMG-CoA reductase inhibitors (Statins)	Risk of myopathy or rhabdomyolysis	Avoid self-treatment with niacin.
Folic Acid Interactions	Methotrexate	Prevents adverse events or toxicity	Supplementation recommended for methotrexate users.
Calcium Interactions	Fluoroquinolones, Tetracyclines, Levothyroxine	Decreased efficacy of antibiotics and thyroid medications	Separate doses by at least four hours.
Aluminum and Magnesium Interactions	Fluoroquinolones, Tetracyclines, Bisphosphonates	Decreased medication efficacy	Separate doses by at least two hours.
Iron Interactions	Fluoroquinolones, Tetracyclines, Methyldopa	Decreased efficacy of medications, hypertension worsening	Separate doses by at least two hours.
Potassium Interactions	ACE inhibitors, ARBs, Digoxin, Diuretics	Risk of hyperkalemia	Risk of hyperkalemia
Magnesium Interactions	Calcium Channel Blockers, Diabetes Medications, Lanoxin, Levothyroxine	Increased absorption or reduced medication efficacy	Separate supplementation from medication intake.
Vitamin C Interactions	Chemotherapy, Nitrates, Estrogen Therapies	Decreased efficacy or increased estrogen levels	Monitor supplementation in specific therapies to avoid adverse effects.

