

Are Your Medications Depleting Your Nutrients?

Some medications can lead to clinically significant nutrient loss by interfering with absorption, storage, cellular utilization or breakdown of various vitamins, minerals, and antioxidants. These nutrients have essential roles to play in maintaining or restoring health, and depleted levels can lead to poor immune system function, in turn causing a host of other illnesses. Because the initial signs of nutritional deficiency may be subtle, diseases may manifest before the need for supplements or for changing medications is recognized. Nutritional supplements can be used to counteract drug-induced nutrient depletion.

Here are some examples of drug-induced nutrient depletion medicines:

- Corticosteroids (such as prednisone) increase renal calcium excretion, decrease intestinal calcium absorption, and create a greater need for vitamin D which is needed for calcium absorption.
- Antibiotics deplete intestinal microflora (bacteria which normally live in the intestine), leading to decreased production of various B vitamins and vitamin K. It may be helpful to take probiotics for 2-3 weeks during and after a course of antibiotics. Acidophilus is an excellent adjunct to broad-spectrum oral antibiotic therapy, particularly in women.
- Synthetic estrogens and selective estrogen receptor modulators may deplete magnesium, vitamin B6 and zinc.
- Oral contraceptives may deplete vitamins B6 and B12, and folic acid. Deficiencies of these nutrients have a high correlation with harmful elevated homocysteine levels.
- HMG-CoA Reductase Inhibitors: “statin drugs” used to lower cholesterol may reduce Co-Enzyme Q10 levels during long term use.

For more information on drug-induced nutrient depletion, please contact Certified Clinical Nutritionist, Bill Spear, R.Ph,CCN. Our pharmacists at Hazle Drugs are trained experts that will work together with you and your physician to optimize your health.

***Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal Nutritional Consultations at Hazle Drugs 1 E. Broad St. Hazleton, Pa. 18201, (570)-454-2476
Call for more information or to schedule your Nutritional Consultation today!***