

Class	Drug	Nutrients Depletion	Comment
ACE Inhibitors	Captopril	Zinc, Sodium	May increase potassium levels, especially when used with potassium sparing diuretics (spironolactone); Coughing reported while taking ACEIs with cayenne cream; Iron supplement inhibits cough associated with ACEI
	Capoten		
	Vasotec		
	Prinovil		
	Zestril		
Anti-diabetics	metformin	Vitamin B12, folate, CoQ19	Metformin has been shown to increase DHEA
	pioglitazone		
Anti-infectives	Penicillins, aminoglycosides, sulfonamies, erythromycin	GI flora (recommend probiotic)	Ca, Fe, Mg, Zn prevent absorption of tetracycline, and fluoroquinolones
	Aminoglycosides	Ca, Mg, K, vitamin K	Gentamycin may lower absorption of Kcl
	Cephalosporins	vitamin K	
	Tetracyclines/Fluoroquinolones		Antacids, Mg, Aluminum lower absorption of quinolones and tetracyclines
Anti-ulcerants	H2-blockers (ranitidine, cimetidine, Pepsid)	Vitamin B12, vitamin D, Fe, Zn, folate, protein digestion	Antacids: MgOH, AlOH decrease absorption of ranitidine, cimetidine, famotidine by 20%
	PPIs (omeprazole, lansoprazole)	Vitamin B12, folate, CoQ19	
Benzodiazapines	Diazepam	Melatonin	Avoid taking Kava with these agents; St Johns wort decreases plasma concentration of alprazolam
	clorazepate dipotassium		
	lorazepam		
	alprazolam		
Beta-blockers	propranolol	CoQ10, Melatonin	May increase potassium levels, pepper (piperine) increases plasma levels of atenolol, Antacids reduce serum sotalol, Mg used to treat sotalol associated arrhythmias
	Tenormin		
	Lopressor		
	Betapace		
Brochodilators	albuterol	Potassium	
	salmeterol		

CCBs	Adalat	Potassium	High levels of Ca may reverse antihypertensive effect; Vitamin D may reduce verapamil efficacy; St. Johns Wort decreases serum verapamil; Grapefruit juice increases ADRs associated with CCBs
	verapamil		
	Cardizem		
	Norvasc		
	Plandil		
	Procardia		
Diuretics	K-wasting (furosemide, HCTZ)	Mg, K, Zn, thiamine, vitamin B6, vitamin C	
	K-sparing (amiloride, spironolactone, triamterene)	folate, Fe, vitamin C	
NSAIDs	ibuprofen	Folate, Fe, vitamin C	Cox-2 inhibitors shown to increase Na, K, and lithium
	indomethacin		
	naproxen		
	oxaprozin		
SSRIs	fluoxetine	Sodium, folate, melatonin	St Johns wort and L-tryptophan increases risk of serotonin syndrome;
	Zoloft		
	Paxil		
Statin/Antilipidemics	lovastatin	CoQ10 (should supplement)	Niacin may increase myopathy, Red yeast rice contains lovastatin
	pravastatin		
	simvastatin		
Hormonal contraceptives	Ortho-Cyclen	Folate, Vitamin B1, B2, B3, B6, B12, C, Zn, selenium	St. Johns wort reduces efficacy and causes breakthrough bleeding, OC increase serum copper
	Ortho-Novum		
	Tri-Norinyl		
	Triphasil		
	Ovral		
	Lo-Ovral		
	Demulen		
Estrogens	HRT	Vitamin B6	Ca and Vitamin D may increase absorption, HRT increases caffeine effects, St Johns Wort alters HRT metabolism, HRT increases serum Zn, Mg
	Estrace		
	Premarin		
	Prempro		
	Alora		
	Climara		
Synthetic thyroid	levothyroxmesodium	Calcium	Iron supplements may reduce absorption; absorption increased on empty stomach; take 1 hr before eating
	Levoxyl		
	Thyrolar		
	Synthroid		