

Drug Class	Subclass/Drug Examples	Nutrients Depleted <sup>2-4</sup>	Repletion Considerations <sup>*4-19</sup>	Top suggested products from Designs for Health for targeted repletion. For a complete list, see the <a href="#">Drug Nutrient Depletion Interaction Checker</a>
Analgesic	Acetaminophen		<ul style="list-style-type: none"> <li>Liposomal Glutathione (LPOGLT)</li> <li>S-Acetyl Glutathione Synergy (SAG060)</li> <li>L-Glutathione Power™ (GLT050)</li> <li>N-Acetyl-L-Cysteine (NAC120)</li> </ul>	
	Opioids, hydrocodone, and tramadol	Glutathione <sup>†</sup>	<ul style="list-style-type: none"> <li>Annatto-E™ Synergy (ANTS60)</li> <li>Annatto-E™ 150 (ANT15L)</li> <li>Ultra B12-Folate (B12090)</li> <li>Trifolamin™ (TRIF60)</li> </ul>	
Antacid	NSAIDs, ibuprofen, and meloxicam	Vitamin E and folate		
	Proton pump inhibitors, omeprazole, and pantoprazole	Magnesium, vitamin B12, calcium, vitamin C, zinc, iron, and beta-carotene	<ul style="list-style-type: none"> <li>Tricobalamin™ (TRIC60)</li> <li>Ultra B12-Folate (B12090)</li> <li>Zinc Supreme™ (ZNP090)</li> <li>Cal/Mag 2:1 (CAM021)</li> </ul>	<ul style="list-style-type: none"> <li>Stellar C™ (STC090)</li> <li>Liposomal Vitamin C (LPOVTC)</li> <li>Ferrochel® (FEC120)</li> </ul>
	H2 antagonist and ranitidine	Vitamin B12, calcium, folate, iron, zinc, and chromium		
Anti-anxiety	Antacid, aluminum, hydroxide, and magnesium	Calcium, folate, and iron		
	Benzodiazepines, alprazolam, and clonazepam	Vitamin K (insignificant depletions) May also decrease zinc and copper levels	<ul style="list-style-type: none"> <li>Zinc Supreme™ (ZNP090)</li> <li>Complete Mineral Complex (CMI090)</li> <li>DFH Complete Multi™ with Copper (CCM120)</li> <li>DFH Complete Multi™ with Copper and Iron (CMU120)</li> <li>Twice Daily Multi™ (TDM060, TDM120, TDM240)</li> </ul>	<p>Certain anticonvulsants, such as clonazepam, may induce insignificant depletions of vitamin K.<sup>4</sup> Although evidence of depletion is mild or insignificant, a focus on ensuring adequate intake of the nutrient through diet or nutritional supplement should be considered and may be warranted in situations where comorbidities occur or where dietary consumption is insufficient</p>
Antibiotics	Amoxicillin, ampicillin, azithromycin, doxycycline, and metronidazole	Beneficial intestinal bacteria, vitamin K, potassium, B vitamins, zinc, magnesium, calcium, folate, and iron	<ul style="list-style-type: none"> <li>FloraMyces™ (FLM060)</li> <li>K+2 Potassium (KPC120)</li> <li>Tri-K™ (TRK060)</li> <li>ProbioMed™ 100 (PBM100)</li> </ul>	<ul style="list-style-type: none"> <li>ProbioMed™ 250 (PBM250)</li> <li>DFH Complete Multi™ with Copper (CCM120)</li> <li>Twice Daily Multi™ (TDM060, TDM120, TDM240).</li> </ul>
Anticonvulsants	Clonazepam and gabapentin	Vitamin D Vitamin K (insignificant depletions)	<ul style="list-style-type: none"> <li>Vitamin D Supreme (VDS030, VDS060, VDS180)</li> </ul>	<p>Certain anticonvulsants, such as clonazepam, may induce insignificant depletions of vitamin K. Although evidence of depletion is mild or insignificant, a focus on ensuring adequate intake of the nutrient through diet or nutritional supplement should be considered and may be warranted in situations where comorbidities occur or where dietary consumption is insufficient.</p>
Anti-inflammatory	Systemic corticosteroids, prednisone, dexamethasone, methylprednisolone, and prednisolone	Calcium, chromium, magnesium, potassium, vitamin D, vitamin C, and vitamin A	<ul style="list-style-type: none"> <li>Calcium Malate (CMC120)</li> <li>Cal/Mag 1:1 (CAM011)</li> <li>Cal/Mag 2:1 (CAM021)</li> <li>Vitamin D Supreme (VDS030, VDS060, VDS180)</li> </ul>	<ul style="list-style-type: none"> <li>Chromium Synergy™ (CHR090)</li> <li>K+2 Potassium (KPC120)</li> <li>Complete Mineral Complex (CMI090)</li> <li>ADK Evali™ (ADK060)</li> </ul>
Anti-depressant	Selective serotonin reuptake inhibitors (SSRIs), citalopram, escitalopram, fluoxetine, sertraline, and trazodone	Calcium, vitamin D, CoQ10, and B vitamins (B2/B6/folate/B12)	<ul style="list-style-type: none"> <li>Vitamin D Supreme (VDS030, VDS060, VDS180)</li> <li>Calcium Malate (CMC120)</li> <li>CoQnol™ 100 (COQ100)</li> <li>CoQnol™ 200 (COQ200)</li> <li>B-Supreme (BSP120)</li> </ul>	<ul style="list-style-type: none"> <li>Melatonin (MEL060)</li> <li>Cal/Mag 2:1 (CAM021)</li> <li>Magnesium Glycinate Complex (MGC120)</li> <li>ElectroPure Hydration™ (ELPHYD)</li> </ul>
	Serotonin and norepinephrine reuptake inhibitors (SNRIs), duloxetine, and venlafaxine	Melatonin		

	<b>Sulfonylurea</b> , glipizide, and insulin <b>Biguanide</b> and metformin	Coenzyme Q10 and magnesium B12, folate, calcium, and vitamin D	<ul style="list-style-type: none"> <li>• CoQnol™ 100 (COQ100)</li> <li>• CoQnol™ 200 (COQ200)</li> <li>• Ultra B12-Folate (B12090)</li> <li>• Trifolamin™ (TRIF60)</li> </ul>	<ul style="list-style-type: none"> <li>• Trimag Supreme</li> <li>• TriMag Supreme™ Night (TRMGNT)</li> <li>• Vitamin D Supreme (VDS030, VDS060, VDS180)</li> <li>• Calcium Malate (CMC120)</li> </ul>
<b>Anti-diabetics</b>				
<b>Anti-hyperlipidemic</b>	<b>HMG-CoA reductase inhibitor</b> , atorvastatin, pravastatin, rosuvastatin, and simvastatin	Coenzyme Q10, vitamin D, vitamin E, and beta carotene	<ul style="list-style-type: none"> <li>• CoQnol™ 100 (COQ100)</li> <li>• CoQnol™ 200 (COQ200)</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin D Supreme (VDS030, VDS060, VDS180)</li> </ul>
	<b>ACE inhibitor</b> , lisinopril, ramipril, and benazepril	Zinc	<ul style="list-style-type: none"> <li>• Zinc Supreme™ (ZNP090)</li> </ul>	
	<b>Angiotensin II receptor blockers</b> , losartan, irbesartan, and valsartan	Coenzyme Q10	<ul style="list-style-type: none"> <li>• CoQnol™ 100 (COQ100)</li> <li>• CoQnol™ 100 (COQ100)</li> <li>• CoQnol™ 200 (COQ200)</li> </ul>	<ul style="list-style-type: none"> <li>• CoQnol™ 200 (COQ200)</li> <li>• Stellar C™ (STC090)</li> <li>• Liposomal Vitamin C (LPOVTC)</li> </ul>
<b>Anti-hypertensives</b>				
	<b>Calcium channel blocker</b> and amlodipine	Coenzyme Q10 and vitamin C	<ul style="list-style-type: none"> <li>• CoQnol™ 100 (COQ100)</li> <li>• CoQnol™ 200 (COQ200)</li> </ul>	<ul style="list-style-type: none"> <li>• Melatonin SRT™ (MELSR6)</li> </ul>
	<b>Beta blocker</b> , atenolol, carvedilol, and metoprolol	Coenzyme Q10 and melatonin	<ul style="list-style-type: none"> <li>• CoQnol™ 100 (COQ100)</li> <li>• CoQnol™ 200 (COQ200)</li> </ul>	
	<b>Loop diuretic</b> and furosemide	Potassium, calcium, magnesium, thiamine, vitamin B6, folate, zinc, and coenzyme Q10	<ul style="list-style-type: none"> <li>• B-Supreme (BSP060, BSP120)</li> <li>• Vitamin B-6 Liquid (V6B4OZ)</li> <li>• Twice Daily Multi™ (TDM060, TDM120, TDM240)</li> <li>• Complete Mineral Complex (CMI090)</li> </ul>	<ul style="list-style-type: none"> <li>• CoQnol™ 100 (COQ100)</li> <li>• CoQnol™ 200 (COQ200)</li> <li>• K+2 Potassium (KPC120)</li> </ul>
	<b>Thiazide diuretic</b> and hydrochlorothiazide			
<b>Antiplatelet</b>				
	<b>Salicylate</b> and aspirin	Iron, vitamin C, vitamin B12, and folate	<ul style="list-style-type: none"> <li>• Stellar C™ (STC090)</li> <li>• Liposomal Vitamin C (LPOVTC)</li> <li>• Ultra B12-Folate (B12090)</li> <li>• Trifolamin™ (TRIF60),</li> </ul>	<ul style="list-style-type: none"> <li>• CoQnol™ 100 (COQ100)</li> <li>• CoQnol™ 200 (COQ200)</li> <li>• DFH Complete Multi™ with Copper and Iron (CMU120)</li> </ul>
	<b>Vitamin K antagonists</b> and warfarin	Coenzyme Q10	<ul style="list-style-type: none"> <li>• Ultra B12-Folate (B12090)</li> </ul>	<ul style="list-style-type: none"> <li>• Trifolamin™ (TRIF60)</li> </ul>
<b>Antirheumatics</b>	Methotrexate and sulfasalazine	Folate		
<b>Bisphosphonates</b>	Alendronate and risedronate	Calcium, iron, magnesium, and zinc	<ul style="list-style-type: none"> <li>• TriMag Supreme™ (TRMGDY)</li> <li>• Tri-K™ (TRK060)</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin D Supreme (VDS060, VDS030, VDS180)</li> <li>• Cal/Mag 2:1 (CAM021)</li> </ul>
<b>Bronchodilator</b>	<b>Beta-2 agonist</b> and albuterol	Calcium and vitamin D		
<b>GLP-1 Agonists</b>	<b>Dulaglutide</b> , Exenatide, Exenatide, Liraglutide, Lixisenatide, Semaglutide	CoQ10	<ul style="list-style-type: none"> <li>• CoQnol™ 100</li> <li>• CoQnol™ 200</li> </ul>	<ul style="list-style-type: none"> <li>• Q-Evali™ 100</li> <li>• Q-Evali™ 200</li> </ul>
<b>Hormones</b>	<b>Oral contraceptives</b> , ethinyl, and estradiol/norgestimate	Vitamin B6, vitamin B12, folate, calcium, magnesium, vitamin C, and vitamin E	<ul style="list-style-type: none"> <li>• Vitamin B-6 Liquid (V6B4OZ)</li> <li>• B-Supreme (BSP120) or Liposomal B Supreme (LPOBSP)</li> <li>• Magnesium Glycinate Complex (MGC120)</li> </ul>	<ul style="list-style-type: none"> <li>• Zinc Supreme™ (ZNP090)</li> <li>• Trifolamin™ (TRIF60)</li> <li>• Twice Daily Multi™ (TDM060, TDM120, TDM240)</li> </ul>
	<b>Bioidentical hormones</b> and estradiol	Folate, magnesium, vitamin B6, vitamin C, and zinc		
<b>Inotropic agents</b>	<b>Cardiac glycoside</b> and digoxin	Magnesium	<ul style="list-style-type: none"> <li>• TriMag Supreme™ (TRMGDY)</li> <li>• TriMag Supreme™ Night (TRMGNT)</li> </ul>	<ul style="list-style-type: none"> <li>• Magnesium Glycinate Complex (MGC120)</li> </ul>
<b>Laxatives</b>	Laxatives with bisacodyl	Calcium, potassium, and vitamin D	<ul style="list-style-type: none"> <li>• Vitamin D Supreme (VDS030, VDS060, VDS180)</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium Malate (CMC120)</li> <li>• K+2 Potassium (KPC120)</li> </ul>

For a list of references cited in this document, please visit: