



Nutrient Depletion Chart

Nutrients	Vitamin B1	Vitamin B2	Vitamin B3	Vitamin B5	Vitamin B6	Biotin	Folic Acid	Vitamin B12	Vitamin C	Vitamin D	Calcium	Copper	Iron	Magnesium	Phosphorous	Potassium	Selenium	Sodium	Zinc	Coenzyme Q10	Melatonin	L. Acidophilus	Bifidobacterium	
Drugs / Medications																								
Antibiotics																								
Tetracycline	X	X	X		X	X	X	X															X	X
Quinolones	X	X	X		X	X	X	X															X	X
Penicillins	X	X	X		X	X	X	X															X	X
Macrolides	X	X	X		X	X	X	X															X	X
Estrogens																								
HRT					X																			
Oral Contraceptives	X		X		X		X	X	X					X						X				
Cardiovascular																								
Diuretics	X				X				X		X		X	X	X			X	X					
Ace Inhibitors																			X					
Beta Blockers																				X	X			
Cardiac Glycosides	X													X										
Anti-inflammatory																								
Steroids									X	X	X			X			X		X					
Salicylates							X		X				X			X								
Anti-depressant																								
SSRIs							X											X				X		
Benzodiazepines																						X		
Cholesterol-Lowering																								
Statins																					X			
Pain Relievers																								
NSAIDS							X						X							X		X		
Stomach																								
Proton Pump Inhibitors								X																
H2-Receptor Blockers							X	X		X	X		X							X				
Antacids										X	X	X	X	X	X	X				X				
Anti-diabetic																								
Sulfonylureas																					X			
Biguanides							X	X																