

Medicine (Categorized by type) and the Nutrients they Deplete

Medicine	Depleted Nutrients
Female Hormone/Contraceptives	Folate, Magnesium, Selenium, Zinc, CoQ10, Vitamins B1, B2, B3, B6, B12
Antibiotics	Vitamin B1, B2, B3, B6, B12, Vitamin K
Anticonvulsants	Vitamin D, Vitamin K, Folate, Calcium
Anti-hypertensives	B6, CoQ10, Calcium, Magnesium, Vitamin K, Zinc
Anti-inflammatorys	Calcium, Vitamin K, Zinc, Iron, Vitamin B6, Vitamin C, Vitamin D, Folate
Anti-ulcer Medications	Vitamin B12, Folate, Vitamin D, Calcium, Iron, Zinc, Protein
Benzodiazepines	Melatonin
Beta-Blockers	CoQ10, Melatonin
Bronchodilators	Vitamin B6, Potassium
Cholesterol-Lowering Drugs	CoQ10
Diabetic Drugs	CoQ10, Vitamin B12
Phenothiazine's/Tricyclics	Vitamin B2, CoQ10
Over-the-Counter Meds:	
Acetaminophen	Glutathione, Cysteine, Selenium
Aspirin	Vitamin C, Iron, Folate, Potassium

Although medication is sometimes necessary, be aware that medicines, including prescription and over-the-counter drugs, can inhibit nutrient absorption, synthesis, transport, storage, metabolism, and excretion, especially if taken over time. Therefore, replenish the nutrients depleted from any medications you are taking through whole foods, vitamins and supplements. Learn more with your own personalized [Her Signature](#) nutrition and lifestyle plan.

Take the [assessment](#) and choose health today.