

Posted on [December 30, 2022 \(August 8, 2023\)](#) by [Dr. Besheen Baker](#)

Drugs That “Gobble” Vitamins

When taken regularly, some frequently prescribed medications can diminish or deplete your body’s store of important vitamins, minerals and other essential nutrients.

If you take any medications, talk with a nutrition-oriented medical professional about whether you should add certain supplements to your daily regimen.

Type of Drug	Examples-Name Brands	Nutrients Depleted
Antacids	Pepcid, Tagamet, Zantac	Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron, Zinc
	Prevacid, Prilosec	Vitamin B12
Antibiotics	Amoxicillin, Erythromycin, Penicillin, Tetracycline	“Friendly” and beneficial intestinal bacteria
Antidepressants	Adapin, Aventyl, Elavil, Tofranil	Vitamin B2, CoQ ₁₀
Antidiabetic Drugs	Dymelor, Micronase, Tolinase	CoQ ₁₀
	Glucophage	Vitamin B12
Anti-Inflammatories	Aspirin	Vitamin C, Folic Acid, Iron, Potassium
	Advil, Aleve, Dolobid, Feldene, Indocin, Lodine, Motrin, Nalfon, Naprosyn, Orudis, Relafen, Voltaren	Folic Acid

	Betamethasone, Budesonide, Cortisone, Dexamethasone, Hydrocortisone, Methylprednisolone, Prednisolone, Prednisone	Vitamin C, Vitamin D, Folic Acid, Calcium, Magnesium, Potassium, Selenium, Zinc
Blood Pressure Lowering Drugs	Apresoline	Vitamin B6, CoQ ₁₀
	Bumex, Edecrin, Lasix	Vitamin B1, Vitamin B6, Vitamin C, Magnesium, Calcium, Potassium, Zinc
	Aquatensen, Lozol, Zaroxolyn	CoQ ₁₀ , Magnesium, Potassium, Zinc
	Dyrenium	Folic Acid, Calcium, Zinc
	Blocadren, Cartrol, Corgard, Inderal, Kerlone, Lopressor, Normodyne, Sectral, Tenormin, Viskin	CoQ ₁₀
Cholesterol Lowering Drugs	Baycol, Lescol, Lipitor, Mevacor, Zocor	CoQ ₁₀
	Colestid, Questran	Vitamin A, Beta-Catotene, Vitamin B12, Vitamin D, Vitamin E, Vitamin K, Folic Acid, Iron
Hormone Replacement Therapy (HRT)	Evista, Prempro, Premarin, Estratab	Vitamin B2, Vitamin B6, Vitamin B12, Folic Acid, Vitamin C, Magnesium, Zinc
Oral Contraceptives	Estrastep, Norinyl, Ortho-Novem, Triphasil	Vitamin B2, Vitamin B6, Vitamin B12, Folic Acid, Vitamin C, Magnesium, Zinc
Tranquilizers	Ormazine, Mellaril, Prolixin, Thorazine	Vitamin B2, CoQ ₁₀
	Haldol	CoQ ₁₀

SOURCE: Drug-Induced Nutrient Depletion Handbook by R. Pelton et al, Physician's Desk Reference