

<u>NUTRIENTS</u>	<u>DEPLETED BY EXAMPLES/USED FOR</u>	<u>NUTRIENT SOURCES</u>
<u>Calcium</u>	Diuretics (Bumex, Demadex, Diuril, Lasix)/excess fluid, high blood pressure (BP); Fosamax/bone building; steroids* (Cortef, Cortone)/inflammation	Dairy, broccoli, Chinese cabbage, kale
<u>CoQ10</u>	Statins (Lipitor, Lescol, Mevacor, Pravachol, Zocor)/high cholesterol; newer sunfonylureas (Amaryl, DiaBeta, Glucotrol)/type 2 diabetes	Mackerel, organ meats, sardines
<u>Folic Acid</u>	Bile acid sequestrants (Questran, Welchol)/high cholesterol; Celebrex/pain relief; Glucophage/type 2 diabetes	Beans, broccoli, leafy greens, oranges, peas, whole grains
<u>Magnesium</u>	Diuretics/excess fluid, high BP; Fosamax/bone building; steroids/inflammation	Beans, leafy greens, lean meat, nuts, seafood, whole grains
<u>Potassium</u>	Diuretics/excess fluid, high BP; Levodopa/Parkinson's disease; steroids/inflammation	Avocados, bananas, brown rice, dates, garlic, nuts, spinach
<u>Vitamin A</u>	Bile acid sequestrants/high cholesterol; steroids/inflammation; Xenical (also affects vitamins D and E/fat blocking)	Dairy, fish, liver
<u>Vitamin B1</u>	Antibiotics**/infection; diuretics/excess fluid, high BP	Nuts, whole grains
<u>Vitamin B2</u>	Flavil/migraines	Broccoli, dairy, lean meat, whole grains
<u>Vitamin B6</u>	Bile acid sequestrants/high cholesterol; steroids/inflammation	Bananas, fish, leafy greens, potatoes
<u>Vitamin C</u>	Diuretics/excess fluid, high BP; steroids/inflammation	Broccoli, citrus, potatoes, strawberries, tomatoes
<u>Vitamin D</u>	Barbiturate sedatives (Butisol, Phenobarbital)/anxiety, insomnia (Phenobarbital also used for epilepsy); bile acid sequestrants/high cholesterol; steroids/inflammation	Fortified dairy, fatty fish, sunlight exposure
<u>Zinc</u>	Acid fighters (Pepcid, Prilosec, Tagamet, Zantac)/chronic heartburn, ulcers; diuretics/excess fluid high BP; steroids/inflammation	Lean meats, seafood

\*The steroids group also includes some allergy meds like Honase and Nasonex.

\*\*Many nutrients, especially the B vitamins, are depleted by various classes of antibiotics

