

# Nutritional depletion from medications

Required supplement dosing may vary: Lower doses for prevention, higher doses for treatment of symptoms &/or deficiency

Combination formulas give synergistic support but lower doses, single formula, give single nutrients with higher doses where needed

CATEGORY	MEDICATIONS	NUTRIENT	RECOMMENDED SUPPLEMENTS
Statins	Atorvastatin	Vitamin D	Vitamin D3/K2 sublingual (4000iu)
	Simvastatin	CoQ10	Ubiquinone 100 mg prevention, 200 mg for treatment of side effects
	Pravastatin	NOTE - may lower sex hormones, increase diabetes and kidney disease risk	
Oral Contraceptive Pill		Folate B12	<i>Combination formula</i> One a Day Essential Multi (400 mcg & 400 mcg) OR Methyl B Hero (800 mcg & 600mcg)
		B6 Magnesium	Magnesium Duo Plus
HRT: Premarin		Magnesium Folate	Magnesium Duo Active (methyl) folate (5MTHF) 400-1000 mcg
Anti-epileptics	Sodium valproate	Carnitine	Metaboost x1-2 daily
		B3 (Niacin)	One a day Essential Multi
	Carbamazepine Oxcarbazepine Phenytoin Primidone	Folate B12	<i>Combination formula</i> One a Day Essential Multi (400 mcg & 400 mcg) OR Methyl B Hero (800 mcg & 600mcg)
		Vitamin E	One a Day Essential Multi
		Biotin	One a Day Essential Multi
		Vitamin D	Vitamin D3/K2 sublingual
		Calcium	Calcium citrate or calcified seaweed 400mg/day
	Levetiracetam	B6	One a Day Essential Multi &/OR Magnesium Duo Plus
Blood Pressure - Diuretics	Furosemide	Potassium	Potassium citrate or gluconate 1g/day
		Magnesium	Magnesium Duo
		Calcium	Calcium citrate or calcified seaweed 400mg/day
		B1 (Thiamine)	One a Day Essential Multi
	Indapemide Bendroflumethiazide	Potassium	Potassium citrate or gluconate 1g/day
		Magnesium	Magnesium Duo
		NOTE for indapemide - Monitor uric acid levels for gout	
		Zinc/B1 (Thiamine)	One a Day Essential Multi
Blood Pressure - ACE Inhibitors	Ramipril Lisinopril	Zinc	One a Day Essential Multi OR Zinc citrate or picolinate 20-35mg/day
	Anti-inflammatory	Ibuprofen Diclofenac Naproxen	B6
Hydrocortisone		Calcium	Calcium citrate or calcified seaweed 400mg/day
Beclomethasone		Chromium	One a Day Essential Multi
Prednisone		Magnesium	Magnesium Duo Plus
		Potassium	Potassium citrate or gluconate 1-3g/day
		Vitamin D	Vitamin D3/K2 sublingual
Aspirin		B12	One a Day Essential Multi (400mcg) OR Hydroxo B12 Liposomal (500 mcg 0.5 ml)

CATEGORY	MEDICATIONS	NUTRIENT	RECOMMENDED SUPPLEMENTS
Pain Killers	Paracetamol Co-codamol	Glutathione	Liposomal Glutathione OR Cysteine & glycine
Neuropathic Pain Killers	Gabapentin Pregabalin	Folate/B12	<i>Combination formula</i> One a Day Essential Multi (400 mcg & 400 mcg) OR Methyl B Hero (800 mcg & 600mcg)
		B12 Folate	<i>Single formula</i> Hydroxo B12 Liposomal (500 mcg 0.5 ml) Active (methyl) folate (5MTHF) 400-1000 mcg
	Amitriptyline	Sodium	Natural salt (Maldon or Himalayan) 1/2 tsp daily
Proton Pump Inhibitors (PPI)	Omeprazole Lansaprazole	Iron	Iron bisglycinate 20mg/day OR liposomal ferrous fumerate 10 mg daily
Histamine H2 Agonists	Ranitidine Famotidine Cimetidine	Potassium	Potassium citrate or gluconate 1g/day
		Magnesium	Magnesium Duo Plus
		Zinc	One a Day Essential Multi OR zinc citrate or picolinate 10-30mg/day
		Folate/B12	<i>Combination formula</i> One a Day Essential Multi (400 mcg & 400 mcg) OR Methyl B Hero (800 mcg & 600mcg)
		Folate B12	<i>Single formula</i> Liposomal folate (5MTHF) 500 mcg Hydroxo B12 Liposomal (500 mcg 0.5 ml)
		Calcium	Calcium citrate or calcified seaweed 400 mg daily
		Protein	Essential amino acids &/OR Evolved Collagen
Diabetic Medication	Metformin	Folate/B12	<i>Combination formula</i> One a Day Essential Multi (400 mcg & 400 mcg) OR Methyl B Hero (800 mcg & 600mcg)
		Folate B12	<i>Single formula</i> Active (methyl) folate (5MTHF) 400-1000 mcg Hydroxo B12 Liposomal (500 mcg 0.5 ml)
Autoimmune medication	Methotrexate Sulfasalazine	Folate/B12	<i>Combination formula</i> One a Day Essential Multi (400 mcg & 400 mcg) OR Methyl B Hero (800 mcg & 600mcg)
		Folate B12	<i>Single formula</i> Active (methyl) folate (5MTHF) 400-1000 mcg Hydroxo B12 Liposomal (500 mcg 0.5 ml)
	Azathioprine	B3 (Niacin)	One a Day Essential Multi or single B3 niacinamide 50 mg
Anti-depressants Selective Serotonin Reuptake Inhibitors	Sertraline Citalopram Fluoxetine Venlafaxine Mirtazapine Escitalopram	Sodium	Natural salt (Maldon or Himalayan) 1/2 tsp daily
Laxatives	Senokot	Calcium	Calcium citrate or calcified seaweed 400 mg daily
		Potassium	Potassium citrate or gluconate 1g/day
		Vitamin D	Vitamin D3/K2 sublingual
Parkinson's Medication	Levodopa	B3 (Niacin)	One a Day Essential Multi
		Folate	One a Day Essential Multi or Active (methyl) folate (5MTHF) 400-1000 mcg
		B6	One a Day Essential Multi, Mag Duo Plus or Methyl B Hero