

Common Medications Associated with Nutrient Depletion

MEDICATION TYPE	DEPLETED NUTRIENT(S)	RECOMMENDED SUPPLEMENTS
Acid Reflux/GERD Medications: Omeprazole (Prilosec), Pantoprazole (Protonix), Esomeprazole (Nexium), Famotidine (Pepcid)	Vitamin B-12, Calcium, Magnesium, Vitamin D, Zinc, Folate	Vitamin B-12, Calcium., Magnesium Vitamin D3, Zinc, Folate, Probiotics
Diabetes Medications: Metformin	Vitamin B-12, Folate, CoQ10	Methyl B-12, Folate or 5-MTHF, CoQ10
Cholesterol Medications (Statins): Atorvastatin (Lipitor), Rosuvastatin (Crestor), Simvastatin	CoQ10	CoQ10 or Ubiquinol
Blood Pressure Medications Hydrochlorothiazide, Furosemide (Lasix), Atenolol, Metoprolol	Magnesium, Calcium, Potassium, CoQ10	Magnesium, Calcium, Potassium, CoQ10
Antibiotics: Amoxicillin, Azithromycin, Ciprofloxacin	Healthy Gut Flora, Vitamin K, B Vitamins	Probiotics, Vitamin K2, Vitamin B-Complex
Anti-Inflammatory Medications (NSAIDs): Ibuprofen, Naproxen, Diclofenac	Folate, Calcium, Magnesium	Folate, Calcium, Magnesium
Female Hormones / Birth Control Pills: Oral contraceptives, Estrogen therapy	Vitamin B6, Vitamin B12, Folate, Magnesium, Zinc	Vitamin B-Complex, Methyl B-12, Folate or 5-MTHF, Magnesium, Zinc
Anti-Seizure Medications: Phenytoin, Carbamazepine	Vitamin D, Vitamin K	Vitamin D3, Vitamin K2
Anxiety Medications / Benzodiazepines: Alprazolam (Xanax), Clonazepam (Klonopin), Diazepam	Magnesium, Melatonin	Magnesium, Melatonin
Aspirin Therapy: low-dose aspirin	Vitamin B-12	Vitamin B-12
GLP-1 Medications: Semaglutide (Ozempic, Wegovy), Tirzepatide (Mounjaro, Zepbound), Liraglutide (Saxenda, Victoza)	Vitamin B-12, Electrolytes, Magnesium, General Nutrient Intake Can Be Low	Protein Supplementation, Multivitamin, Vitamin B-12, Magnesium, Electrolyte Support

GLP-1 medications can significantly reduce appetite and slow gastric emptying, which may lead some patients to eat less overall. While these medications are not traditionally classified as "nutrient depleting drugs," reduced food intake, nausea, vomiting, or rapid weight loss may contribute to lower intake of important nutrients over time.

Questions About Your Medications and Supplements?

Pharmacists at Massey Drugs can review your medications and discuss supplements that may help support overall nutritional health based on your individual needs.

Pharmacy-grade supplements are available at our pharmacies and online at www.MDNutritionalSupplements.com with FREE SHIPPING available on supplement orders.



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