

Drugs That Gobble Up Vitamins



When taken regularly, some frequently prescribed medications can diminish or deplete your body's stores of important vitamins, minerals, and other essential nutrients. If you take any medications, talk with a nutrition-oriented medical professional about adding **Whole Food Supplements**, from Standard Process, to your current regimen.

Contrary to what mainstream medicine would have you believe, there are natural alternatives to prescription drugs. These alternatives are found in nature and are without the toxic side effects found in so many pharmaceutical medications. In the table below you will find the names of common drugs and nutritional deficiencies associated with it. You will also find a list of the whole food supplements to address the deficiency, and suggested whole food alternatives to the drug. These supplements are not meant to replace your prescription medication. Please consult with your healthcare professional before starting any protocol.

DRUG	NUTRIENT DEFICIENCY	RESTORATIVE WHOLE-FOOD SUPPLEMENTS	STANDARD PROCESS NATURAL ALTERNATIVES
Antacids <i>Pepcid, Tagamet, Zantac</i> <i>Prevacid, Prilosec, Tums,</i> <i>Nexium, Alka-Seltzer</i>	Vit B12, Thiamin, Folic Acid, Vit D, Calcium, Iron, Zinc, Magnesium, Potassium, Phosphorus, Protein	Zypan, Cataplex B, Chezyn, Calcium Lactate, Cataplex D, Trace Minerals B12	Zypan, Betaine HCl, Multizyme, Digest, Gastrex, Chlorophyll Cx, Cataplex B, AF Betafood
Antibiotics <i>Amoxicillin, Erythromycin,</i> <i>Penicillin, Tetracycline</i>	"Friendly"/beneficial intestinal bacteria, Vit K, all B-Vitamins, all minerals	ProSynbiotic, Lact-Enz, Lactic Acid Yeast, Cataplex B/G, Organically Bound Minerals, Chezyn, Calcium Lactate	Congaplex, Andrographis Cx, Echinacea Premium, Immuplex, Golden Seal 500mg, Zymex, Zymex II
Antidepressants <i>Adapin, Aventyl, Elavil,</i> <i>Tofranil,</i> <i>SSRI: Prozac, Zoloft,</i> <i>Lexapro</i>	Vitamin B2, Coenzyme Q10 Melatonin	Cellular Vitality, Cardio-plus, Cataplex G, Symplex F/M, Trace Minerals B12	Nevaton, Cataplex B (thiamin), St. John's Wort-IMT (or MH), Orchex, Cataplex D, Drenamin, Whole Dess. Adrenals <i>Blood Sugar:</i> Diaplex, A-F Betafood, Gymnema
Antidiabetic Drugs <i>Dymelor, Micronase,</i> <i>Avandia, Actos</i>	Vitamin B12, Folic Acid, CoQ-10	Diaplex, Gymnema, Zypan, Cataplex B, Cellular Vitality	Diaplex, Cataplex GTF, Magnesium Lactate
Anti-inflammatories <i>NSAIDS: Advil, Aleve,</i> <i>Dolobid, Motrin, Naprosyn,</i> <i>Voltaren, and others</i> <i>Steroids: Cortisone,</i> <i>Prednisone, Medrol,</i> <i>Aristocort, Decadron</i>	Vitamin C, Folic Acid, Iron, Potassium Vit C, Vit D, Folic Acid, Zinc, Calcium, Magnesium, Potassium, Selenium	Cataplex C, Folic Acid B12, Ferrofood Cyruta Plus, Min-tran, Manganese B12, Calcifood, Cataplex D, Chezyn	Saligesic, Tuna-Omega-3 Oil Boswellia Cx, Tuna Omega-3 Oil, Sesame Seed Oil, Drenamin, Cataplex ACP
Analgesic <i>Acetamenophine</i>	Folic Acid, Vit C, Iron, Potassium	LivCo, Livaplex, Silymarin, HerbaVital	Saligesic, Chlorophyll Cx
Anti-hypertensives <i>Hydralazine</i> <i>Betablockers</i> <i>Clonidine</i>	Coenzyme Q-10, Magnesium, Vit B6 Coenzyme Q10	Cellular Vitality, Cardioplus, Magnesium Lactate, B6 Niacinamide	Cardio-Plus, A-F Betafood, Garlic 5000mg, Coleus Forte, Cataplex G, Hawthorne, <i>Elevated Diastolic:</i> Cataplex E2, Renafood <i>Elevated Systolic:</i> Cholaplex <i>Hepatic:</i> Livaplex, A-F Betafood, Antronex <i>Emotional:</i> Min-Chex

DRUG	NUTRIENT DEFICIENCY	RESTORATIVE WHOLE-FOOD SUPPLEMENTS	STANDARD PROCESS NATURAL ALTERNATIVES
Cholesterol-Lowering Drugs			
<i>Baycol, Lescol, Lipitor, Mevacor, Zocor</i>	Co Q10, Selenium, Zinc Copper	Cellular Vitality, Chezyn, Calsol, Folic Acid B12, Cataplex E, Magnesium Lactate	Cyruta, Cholaplex, Livton, Livaplex, Garlic 5000mg, Choline, 21-Day Purification Program, Tuna Omega-3 Oil, Magnesium Lactate, Niacinamide B6
<i>Colestid, Questran</i>	Vit A, Vit B12, Vit D, Vit E, Vit K, Folic Acid, Iron, Calcium, Magnesium, Phosphorus, Zinc		
<i>Lopid, Tricor</i>	Coenzyme Q10, Vit E		
Diuretics			
<i>Diuretics: Loop, Thiazide, Potassium Sparing, Misc.</i>	Vit B1, Vit B6, Magnesium, Potassium, Zinc, Vit C, Folic Acid, Calcium	Min-Tran, Calcium Lactate, Cataplex B, Zinc	A-C Carbamide, Arginex, Renafood, Celery Seed 1:2, Drenatrophin PMG
Female Hormones			
<i>Estrogen/HRT: Evista, Prempro, Premarin, Estratab</i>	Vit B6, Vit B12, Co Q10, Zinc Folic Acid, Vit C, Magnesium,	Cellular Vitality, Chezyn, Folic Acid B12, Mag Lactate Cataplex C	FemCo, Symplex F, Chaste Tree, Wild Yam Complex, Black Current Seed Oil, Drenamin, Hypothalmex, Neuroplex, Trace Minerals B-12
<i>Oral Contraceptives: Estrastep, Norinyl, Ortho-Novem, Triphasil</i>	Vitamin B2, Vitamin B6, Vitamin B12, Folic Acid, Vitamin C, Magnesium, Zinc	B6 Niacinamide, Cataplex B/G, Folic Acid B12, Cataplex C, Magnesium Lactate, Chezyn	N/A
Laxatives			
	Potassium	Organically Bound Minerals	Fen-Cho, Colax, Lactic Acid Yeast, Disodium Phosphate, Magnesium Lactate
Tranquilizers			
<i>Major: Haldol, Vesprin</i>	Vitamin B2, Coenzyme Q10	Cellular Vitality, Cardioplus	Min-Tran, Valerian Cx, Min-Chex, Nevaton, Orchex, California Poppy, Organically Bound Minerals, Cataplex G,
<i>Minor: Lunesta, Ambien</i>			
<i>Psychotherapeutics: Ormazine, Thorazine</i>			
Anti-Convulsants			
<i>Barbituates: Butalan, Brevital, Pentothal</i>	Folic Acid, Vit D, Vit K, Calcium	Folic Acid B12, Cataplex B, Cataplex D, Calcium Lactate, Cruciferous Complete	N/A
<i>Phenytoin: Dilantin</i>	Biotin, Folic Acid, Vit D, Calcium, Vit B1, Vit B12		
<i>Carbamazepine: Tegretol</i>	Biotin, Folic Acid, Vit D		
Bronchodilators			
<i>Theophylline</i>	Vit B6	B6 Niacinamide	Broncaflect, PulmaCo, Emphaplex, Pneumotrophin PMG
Synthetic Thyroid			
	Calcium	Calcium Lactate, Calsol	Thytrophin PMG, Thyroid Cx, Symplex F/M, Cataplex F Tablets, Prolamine Iodine, Iodomere

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

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