
















# NUTRIENT DEFICIENCIES CAUSED BY PHARMACEUTICAL DRUGS

## PHARMACEUTICAL MEDICATION

## VITAMIN, MINERAL OR NUTRIENT DEFICIENCY

 ACE INHIBITORS	ZINC
 ANTACIDS	VITAMIN B12, FOLIC ACID, VITAMIN D, CALCIUM, IRON, ZINC
 ANTIBIOTICS	B VITAMINS, VITAMIN K, HEALTHY INTESTINAL BACTERIA CALCIUM, ZINC, MAGNESIUM, IRON, VITAMIN B6, ZINC
 ANTI-DEPRESSANTS	VITAMIN B12, COENZYME Q-10, FOLIC ACID
 ANTI-DIABETIC DRUGS	COENZYME Q-10 VITAMIN B12, FOLIC ACID
 BETA BLOCKERS	COENZYME Q-10
 CONTRACEPTIVES	VITAMINS B2, B3, B6, B12, C, FOLIC ACID, HEALTHY INTESTINAL BACTERIA, MAGNESIUM, ZINC
 CORTICOSTEROIDS	VITAMIN C, D, FOLIC ACID, CALCIUM, MAGNESIUM, POTASSIUM, SELENIUM, ZINC
 DIURETICS, LOOP	VITAMINS B1, B6, C, MAGNESIUM, CALCIUM, POTASSIUM, ZINC, SODIUM
 DIURETICS, THIAZIDE	MAGNESIUM, POTASSIUM, ZINC, COENZYME Q-10, SODIUM
 ESTROGENS	VITAMINS B2, B6, C, FOLIC ACID, MAGNESIUM, ZINC
 NSAID'S	VITAMIN C, FOLIC ACID, IRON, POTASSIUM FOLIC ACID
 PROTON PUMP INHIBITORS	VITAMIN B12
 STATIN CHOLESTEROL LOWERING DRUGS	COENZYME Q-10, MAGNESIUM, POTASSIUM
 VASODILATORS, DIRECT	VITAMINS B6, MAGNESIUM, POTASSIUM, ZINC, COENZYME Q-10

## DID YOU KNOW

Did you know that the medications you are taking can cause vitamin, mineral and other nutrient deficiencies that can then in turn lead to other health issues and diseases? Have a look at the chart on the left to see if your medication is on there. You can safely correct these deficiencies by using high quality nutritional supplements recommended by a health professional from The Perrymount.

Call 01444 410944 to make your nutritional consultation.