

Drug-Nutrient Depletions



Did you know that common drugs have the potential to deplete critical nutrients? Ask your pharmacist how products from Pure Encapsulations® can support drug-nutrient depletion.*

DRUG CATEGORY	EXAMPLES	POTENTIAL NUTRIENT DEPLETIONS	SUGGESTED PURE ENCAPSULATIONS® PRODUCTS
Acid-suppressing drugs	Proton pump inhibitors (Omeprazole), H2 Receptor Antagonists (Cimetidine, Ranitidine), Antacids	Calcium, Iron, Magnesium, Vitamin B ₁₂ , Zinc	B ₁₂ liquid, B-Complex Plus, O.N.E.™ Multivitamin or UltraNutrient® (contains calcium), Magnesium (glycinate)
Antibiotics	Augmentin, Bactrim, Gentamicin	B Vitamins, Magnesium	O.N.E.™ Multivitamin, Mineral 650 or Tri-Alkali, Magnesium (glycinate), Probiotic G.I.
Anticonvulsants	Mysoline, Phenytoin	Biotin, Calcium, Vitamin D	Calcium with Vitamin D ₃ , Calcium K/D, or Vitamin D ₃ 125 mcg (5,000 IU), Biotin 8 mg
Antidepressants (tricyclic)	Amitriptyline, Imipramine	Riboflavin (vitamin B ₂)	B-Complex Plus, O.N.E.™ Multivitamin
Antifungals	Amphotericin B, Fluconazole	Magnesium, Potassium	Magnesium (glycinate), Potassium Magnesium
Antihypertensives	Ace Inhibitors (Captopril, Quinapril, Ramipril,)	Zinc	Zinc 30, O.N.E.™ Multivitamin
	Beta Blockers (Atenolol, Metoprolol, Propranolol)	CoQ ₁₀	CoQ ₁₀ 120 mg, Ubiquinol-QH 100 mg
	Diuretics (Aldactone, Lasix, Microzide, Zaroxolyn)	Magnesium, Potassium, Thiamin, Zinc	B-Complex Plus or O.N.E.™ Multivitamin, Magnesium (glycinate)
	Hydralazine	Vitamin B ₆	B-Complex Plus, O.N.E.™ Multivitamin
Antipsychotics	Chlorpromazine	Riboflavin (vitamin B ₂)	B-Complex Plus, O.N.E.™ Multivitamin

Ask your pharmacist about Pure Encapsulations® today!

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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Drug-Nutrient Depletions (cont.)

DRUG CATEGORY	EXAMPLES	POTENTIAL NUTRIENT DEPLETIONS	SUGGESTED PURE ENCAPSULATIONS® PRODUCTS
Cholesterol-lowering agents	Statins (Crestor, Lescol, Lipitor, Mevacor, Zocor)	CoQ ₁₀	Ubiquinol-QH
	Bile Acid Sequestrants (Colestipol, Probuconol)	Calcium, Magnesium, Zinc	O.N.E.™ Multivitamin or UltraNutrient® (contains calcium), Magnesium (glycinate)
Corticosteroids	Glucocorticoids (Budesonide, Dexamethasone, Prednisone)	Calcium, Vitamin D	Calcium K/D, Vitamin D ₃ 125 mcg (5,000 IU)
Digoxin	Cardoxin, Digitek, Lanoxicaps, Lanoxin	Thiamin	B-Complex Plus, O.N.E.™ Multivitamin
Glucose-lowering agents	Metformin	Folate, Vitamin B ₁₂	Methylcobalamin 1,000 mcg, B ₁₂ liquid, B ₁₂ Folate, O.N.E.™ Multivitamin
	Sulfonylureas (Glipizide, Glyburide)	CoQ ₁₀	CoQ ₁₀ 120 mg, Ubiquinol-QH 100 mg
Hormone replacement therapy (estrogens)	Estrace, Premarin and Prempro	Vitamin B ₆ , Folate	Magnesium (glycinate), B-Complex Plus, O.N.E.™ Multivitamin
NSAIDS	Ibuprofen, Naproxen, Sulindac	Folate	B-Complex Plus, O.N.E.™ Multivitamin, Folate 400, B12 Folate
Oral contraceptives	Alesse, Demulen, Yasmin	Vitamin B ₆	B-Complex Plus, O.N.E.™ Multivitamin
Stimulant laxatives	Bisacodyl (Dulcolax), Senna (Senokot)	Calcium, Potassium, Vitamin D	Calcium with Vitamin D ₃ , Potassium Magnesium

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