

# 6 MEDICATIONS

## THAT DEplete YOUR NUTRIENTS

and foods that can help you supplement

### CoQ10

CoQ10 is an antioxidant we make and consume. CoQ10 is vital to cardiovascular health, and can help combat fatigue, obesity, and a weak immune system.

CoQ10 is in animal-based protein sources, such as chicken, turkey, and fish. Top vegetable and fruit sources include broccoli, cauliflower, oranges, and strawberries. Seed and nut sources include sesame seeds, peanuts, and pistachio nuts.



### STATINS

### ANTACIDS

### Iron

Antacids like Maalox, Mylanta, Tums, and Rolaids act by neutralizing the acid pH of the stomach. This reduction in stomach acid decreases the absorption of iron, as well as folic acid and zinc.

Eat iron-rich foods such as spinach, cooked beans, dried fruit like prunes, raisins, and apricots. Beef and chicken liver, oysters, mussels, and clams are also high in iron. Supplement intake should be watched carefully as too much iron can be toxic.



### Intestinal Flora

Antibiotics eradicate bad bacteria, but they can also deplete good gut bacteria. This can result in digestion problems, including diarrhea, bloating and gas, as well as yeast infections and colitis.

You can replace with lacto fermented dairy like yogurt and kefir, cultured vegetables like sauerkraut, and probiotics. The NIH recommends taking certain probiotics at least two hours before or after antibiotics.



### ANTIBIOTICS

### DIABETES DRUGS

### INSULIN

### Magnesium

Low magnesium levels can contribute to hypertension, cardiovascular disease, osteoporosis, muscle aches, asthma, and more.

Green leafy vegetables, like spinach and chard are particularly good sources, as are brown rice, almonds, and lima beans.



### ANTIDEPRESSANTS

### ORAL CONTRACEPTIVES

### METFORMIN

### Selenium

Selenium protects cells from damage, and supports production of active thyroid hormone.

The Brazil nut is one of the top sources of selenium, followed by seafood (tuna, halibut, sardines) and meats (ham, beef steak, turkey). Other sources are whole wheat bread, baked beans, oatmeal, and spinach.



### Zinc

Depletion of zinc can slow the body's healing of wounds and reduce the sense of taste.

Shellfish are one of the top sources of zinc, as are meat and wheat germ.



### Vitamin B12

Oral contraceptives and antidepressants deplete B-complex vitamins when taken for short or long periods, especially vitamin B12 and folate.

Natural sources of B vitamins include animal foods, shellfish like clams, mussels, and crabs. Substantial sources of folate include leafy greens (spinach, turnip greens), & most grain products, which are fortified with folate.



### B Vitamins

Vitamin B12 deficiency interferes with cellular development. Typically, the first sign is anemia, which can lead to a host of symptoms, such as fatigue and pale skin.