# 6 MEDICATIONS

THAT DEPLETE YOUR NUTRIENTS

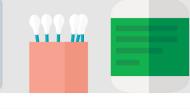
and foods that can help you supplement

### CoO10

sources include broccoli,









#### ANTACIDS - ITON

beans, dried fruit like should be watched carefully as too much iron can be toxic.



Antibiotics eradicate bad deplete good gut bacteria. This including diarrhea, bloating and gas, as well as yeast infections

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



**(+)** 



# INSULIN

# Magnesium

cardiovascular disease. **(** 

Green leafy vegetables like spinach and chard are particularly good rice, almonds, and lima



lacktriangledown



#### METFORMIN

## Selenium

The Brazil nut is one of the top seafood (tuna, halibut, sardines) and meats (ham, beef steak, turkey). Other sources are whole



**ANTIBIOTICS** 

sense of taste.

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

### **B Vitamins**

Vitamin B12 deficiency first sign is anemia, which can lead to a host of symptoms, such as fatigue and pale skin.





