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RECOMMENDED BY PHARMACISTS™

Correcting Pharmaceutical- Induced Nutritional Deficiencies

While pharmaceuticals have lifesaving benefits, many of these medications can have serious side effects, ranging from cardiac arrest to suicide.

Many suffer from an almost completely ignored epidemic of drug-induced nutrient depletion that can cause grave health problems. A large number of pharmaceutical side effects are the direct result of these drug-induced nutrient deficiencies. In other words, a pharmaceutical medicine “robs” you of one or more nutrients or other helpful substances, and this lack of nutrients causes additional side effects. In a sense, the medicine acts as an “anti-vitamin pill,” taking away the substances you need for good health. Thus, nutrient depletion caused by the medicines, rather than the medicines themselves, is often directly responsible for many of the side effects associated with pharmaceuticals.

Among the most common medicines linked to nutrient depletion are oral contraceptives, cholesterol-lowering statins, and antibiotics. These and many other over-the-counter and prescription medications can interfere with your body's ability to digest, absorb, synthesise, or make use of certain nutrients, leading to nutrient deficiency-related “side effects.”

The only solution to averting pharmaceutical-induced nutritional deficiencies is to replace the depleted nutrients through nutritional supplements, dietary sources, or both. This chart summarises some commonly prescribed medicines, along with the vitamins, minerals, and other nutraceuticals they are most likely to deplete, as well as which Solal products should be used at the same time as pharmaceutical medicines, to prevent these depletions.

Pharmaceutical Medicine	Deficiency caused	Solal product to correct deficiency
ACE inhibitors (eg Benazepril, Captopril, Enalapril, Fosinopril, Lisinopril, Moexipril, Perindopril, Ertumine, Quinopril, Ramipril, Spirapril, Trandolopril)	Zinc	Anti-aging Multimineral or ACES-Plus Anti-oxidant (however, if this type of diuretic is combined with a potassium sparing diuretic, then DO NOT supplement with Zinc containing supplements).
Aledronate (including all bisphosphonates)	Calcium	Calcium Glycinate with vitamin D3
Antacids (Aluminium salts)	Copper & Zinc Magnesium & Calcium Iron	Multi Mineral Bio-Calmag Iron-Plus (take iron and calcium 3 or more hours apart)
Antacids (Calcium salts)	Copper & Zinc Magnesium Iron	Multi Mineral Magnesium Glycinate Iron-Plus
Antacids (Magnesium salts)	Copper & Zinc Calcium Iron	Multi Mineral Calcium Glycinate with vitamin D3 Iron-Plus (take iron and calcium 3 or more hours apart)
Antibiotics: AMINOGLYCOSIDES (eg Gentamicin, Neomycin, Tobramycin)	Calcium & Magnesium Iron Lactobacillus (Probiotics) Vitamin K Vitamin A & B12	Bio-Calmag Iron-Plus (take iron and calcium 3 or more hours apart) Enzyme Prebiotic Probiotic Vitamin K1 Plus 3-Per-Day
Antibiotics: CEPHALOSPORINS (eg Cefaclor, Cefprozil, Cefuroxime, Loracarbef) - also MACROLIDES (Erythromycin, Azithromycin, Clarithromycin) - also PENICILLINS (eg Amoxicillin, Ampicillin, Flucloxacillin, Pivampicillin) - also QUINOLONES (eg Ciprofloxacin, Gatifloxacin, Levofloxacin, Lomefloxacin, Moxifloxacin, Nalidixic acid, Norfloxacin, Ofloxacin, Sparfloxacin, Trovafloxacin) - also SULFA DRUGS (eg Cotrimoxazole, Sulfamethoxazole, Trimethoprim) - also TETRACYCLINES (Tetracycline, Doxycycline, Minocycline)	Lactobacillus (Probiotics) Vitamin B2, B12, folic acid, biotin Vitamin K	Enzyme Prebiotic Probiotic Super Mega-B Vitamin K1 Plus
Antibiotic: ISONIAZID (anti-TB medication)	Calcium & Vitamin D Lactobacillus (Probiotics) Vitamin B3, B6, E Vitamin K	Calcium Glycinate with vitamin D3 Enzyme Prebiotic Probiotic 3-Per-Day Vitamin K1 Plus
Anti-inflammatories: NSAIDs (eg diclofenac, etodolac, fenoprofen, ibuprofen, indomethacin, ketoprofen, mefenamic acid, meloxicam, nabumetone, naproxen, oxaprozin, piroxicam, sulindac, tolmetin)	Iron & folic acid Zinc Melatonin	Iron-Plus Multi Mineral Melatonin or Melatonin Slow Release
Anti-retrovirals: REVERSE TRANSCRIPTASE INHIBITORS [eg Lamivudine (3TC), Didanosine (ddI), Zalcitabine (ddC), Stavudine (d4T), Abacavir, Zidovudine (AZT), Abacavir (ABC), Emtricitabine (FTC), Tenofovir, Adefovir, Efavirenz, Nevirapine, Delavirdine]	Copper & Zinc	Multi Mineral
Aspirin	Iron, folic acid & vitamin C	Iron-Plus
Barbiturates (eg Phenobarbital)	Calcium & Vitamin D Folic acid & Vitamin B12	Calcium Glycinate with vitamin D3 Homocysteine Lowering Formula or Super Mega B or 3-Per-Day
Betablockers (eg Acebutolol, Atenolol, Betaxolol, Bisoprolol, Carteolol, Celiprolol, Esmolol, Labetalol, Levobunolol, Levobunolol, Metoprolol, Metoprolol, Nadolol, Penbutolol, Pindolol, Propranolol, Sotalol, Timolol)	Melatonin	Melatonin or Melatonin Slow Release
Birth control pill (estrogen/progestin combination) -mono/bi & triphasic (eg Ethinyl estradiol, Desogestrel, Levonorgestrel, Norethindrone, Norgestimate)	Magnesium Zinc Vitamin B2, B6, B12, C & folic acid	Magnesium Glycinate Multi Mineral or ACES-Plus 3-Per-Day
Carbamazepine	Folic acid	Homocysteine Lowering Formula or Super Mega B or 3-Per-Day
Cholestyramine & Colestipol (bile sequestrants)	Vitamin A, D, E, B12 & folic acid & beta-carotene Vitamin K	3-Per-Day Vitamin K1 Plus
Clonidine	Co-enzyme Q10	Co-enzyme Q10
Corticosteroids (eg prednisone, prednisolone, hydrocortisone, beclomethasone, dexamethasone, triamcinolone)	Calcium & Magnesium DHEA Protein Vitamin C, D, B6, B12, folic acid, selenium & zinc Melatonin	Bio-Calmag DHEA (on prescription) Pure Whey Protein Isolate or Whey/Soy 50/50 Protein 3-Per-Day Melatonin or Melatonin Slow Release
Digoxin	Magnesium Vitamin B1	Magnesium Glycinate Super Mega-B or 3-Per-Day
Diuretics [loop] (eg Bumetamide, Ethacrynic acid, Furosemide, Torsemide)	Calcium & Magnesium (however, if this type of diuretic is COMBINED with a potassium sparing diuretic, then a magnesium deficiency will NOT occur. A calcium deficiency IS still likely though). Potassium (however, if this type of diuretic is COMBINED with a potassium sparing diuretic, then a potassium deficiency will NOT occur). Vitamin B1, B6 & C	Bio-CalMag [Calcium & Magnesium] (however, if this type of diuretic is combined with a potassium sparing diuretic, then DO NOT supplement with Magnesium: Rather use Calcium Glycinate instead of BioCalMag). [SOLAL does not have a potassium supplement - use Plenish-K or Slow-K]. However, if this type of diuretic is combined with a potassium sparing diuretic, then DO NOT supplement with Potassium. 3-Per-Day
Diuretics [Potassium sparing] (eg Amiloride, Triamterene, Spironolactone)	Calcium Folic acid	Calcium Glycinate with vitamin D3 Homocysteine Lowering Formula or Super Mega B or 3-Per-Day
Diuretics [Thiazide type] (eg Chlorothiazide, Hydrochlorothiazide, Indapamide, Methylclothiazide, Metolazone)	Co-enzyme Q10 Potassium (however, if this type of diuretic is COMBINED with a potassium sparing diuretic, or an ACE inhibitor, then a potassium deficiency will NOT occur). Magnesium (however, if this type of diuretic is COMBINED with a potassium sparing diuretic, then a magnesium deficiency will NOT occur). Zinc (however, if this type of diuretic is COMBINED with a potassium sparing diuretic, then a zinc deficiency will NOT occur).	Co-enzyme Q10 [SOLAL does not have a potassium supplement - use Plenish-K or Slow-K]. However, if this type of diuretic is combined with a potassium sparing diuretic, or an ACE inhibitor, then DO NOT supplement with Potassium. Magnesium Glycinate (however, if this type of diuretic is combined with a potassium sparing diuretic, then DO NOT supplement with Magnesium supplements). Multi Mineral or ACES-Plus Anti-oxidant (however, if this type of diuretic is combined with a potassium sparing diuretic, then DO NOT supplement with Zinc containing supplements).
Fibrate type cholesterol reducing medications (eg Bezafibrate, Ciprofibrate, Clofibrate, Gemfibrozil, Fenofibrate)	Co-enzyme Q10 Vitamin E	Co-enzyme Q10 Vitamin E full spectrum or 3-Per-Day
Histamine H2 blockers (eg Cimetidine, Ranitidine, Famotidine, Nizatidine)	Calcium & Vitamin D Iron, Vitamin B12 & Folic acid Zinc	Calcium Glycinate with vitamin D3 Iron-Plus Multi Mineral
Hydralazine	Co-enzyme Q10 Magnesium Vitamin B6	Co-enzyme Q10 Magnesium Glycinate Homocysteine Lowering Formula or Super Mega B or 3-Per-Day
Metformin	Folic acid & Vitamin B12	Homocysteine Lowering Formula or Super Mega B or 3-Per-Day
Paracetamol	Glutathione Selenium	N-Acetyl-Cysteine ACES-Plus Anti-oxidant
Phenytoin	Calcium & Vitamin D Vitamin B1, folic acid & biotin Vitamin B12	Calcium Glycinate with vitamin D3 Super Mega-B Methylcobalamin
Proton pump inhibitors (eg Lansoprazole, Omeprazole)	Vitamin B12	Methylcobalamin
Psychotropics: PHENOTHIAZINES (eg Chlorpromazine, Fluphenazine, Mesoridazine, Perphenazine, Prochlorperazine, Thioridazine, Trifluoperazine) -also THIOXANTHENES (eg Chlorprothixene, Flupentixol, Thiothixene, Zuclopentixol)	Co-enzyme Q10 Vitamin B2	Co-enzyme Q10 Super Mega-B
Sodium bicarbonate	Magnesium Folic acid	Magnesium Glycinate Homocysteine Lowering Formula or Super Mega B or 3-Per-Day
Sulfasalazine	Folic acid	Homocysteine Lowering Formula or Super Mega B or 3-Per-Day
SSRI antidepressants (eg Fluoxetine, Sertraline, Paroxetine, Citalopram, Escitalopram, Fluvoxamine)	Melatonin Protein	Melatonin or Melatonin Slow Release Pure Whey Protein Isolate or Whey/Soy 50/50 Protein
Statins (HMG-CoA reductase inhibitors) (eg Atorvastatin, Fluvastatin, Lovastatin, Pravastatin, Simvastatin, Rosuvastatin)	Co-enzyme Q10	Co-enzyme Q10
Sulfonylureas antidiabetic medication (eg Acetohexamide, Chlorpropamide, Glizolide, Glipizide, Glybenclamide, Gliburide, Tolazamide, Tolbutamide)	Co-enzyme Q10	Co-enzyme Q10
Theophylline & derivatives (eg Theophylline, Aminophylline)	Vitamin B6	Homocysteine Lowering Formula or Super Mega B or 3-Per-Day
Tricyclic antidepressants (eg Amitriptyline, Amoxapine, Clomipramine, Desipramine, Doxepin, Imipramine, Nortriptyline, Protriptyline, Trimipramine)	Co-enzyme Q10 Vitamin B2	Co-enzyme Q10 Super Mega-B or 3-Per-Day
Valproic acid & derivatives	L-Carnitine Copper, Zinc & Selenium Folic acid	L-Carnitine or Acetyl-L-Carnitine Multi Mineral Homocysteine Lowering Formula or Super Mega B or 3-Per-Day

