



## NUTRIENT-MEDICATION INTERACTIONS

The use of medication can influence your nutritional status by interacting with nutrients in your body. Chronic use of medication could therefore significantly decrease your nutrient stores. It is important to be aware of the individual nutrients that are affected by specific medications. Nutritional supplementation could be a useful practice to ensure optimal nutrition while you are taking medication. A general multivitamin supplement will cover the increased nutritional requirements. However, individual supplements can also be taken.

The basic mechanisms by which drugs or medication could deplete nutrient stores are as follows:

- Decreased intestinal absorption of nutrients from your diet
- Increased requirements induced by the metabolism of the medication itself
- Decreased activation of nutrients in the liver
- Increased intestinal or urinary losses of nutrients

MEDICATION	VITAMIN INTERACTIONS	MINERAL INTERACTIONS	MECHANISMS	SUPPLEMENT RECOMMENDATION
<b>Antacids</b>	Folic acid Vitamin B12 Vitamin D	Calcium	Phosphate, binding to aluminium from the medication, is lost through the intestines. Lowered levels of phosphate result in mobilisation of calcium and phosphorus from bone tissue with subsequent losses of calcium from bone tissue.	Calcium High Potency, Dolomite, Folic Acid, B12 & Folic Acid
<b>Antibiotics</b>	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12, Folic acid, Biotin Vitamin E	Calcium, Zinc, Magnesium	The natural balance of beneficial intestinal bacteria, important for nutrient balance, is disturbed by the use of antibiotics.	B Complex High Potency, Vitamin E, Zinc, Calcium High Potency, Magnesium
<b>Anticonvulsants</b>	Vitamin B1, Vitamin B12, Folic acid, Biotin, Vitamin D	Calcium	Levels of several nutrients are lower in people suffering from epilepsy. Anticonvulsant medications tend to decrease absorption and increase urinary and intestinal losses of nutrients.	B Complex High Potency, Calcium High Potency
<b>Antidepressants</b>	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B6, Folic acid	No significant interactions known	Some antidepressant medications tend to result in urinary losses, as well as interfering with nutrient metabolism.	B Complex High Potency
<b>Antidiabetics</b>	Folic acid, Vitamin B12	Magnesium	Apart from inducing urinary losses, some diabetic medications impair the absorption of nutrients.	Diabetic Multivitamin & Minerals, Magnesium
<b>Anti-inflammatory</b>	Folic acid, Vitamin C, Vitamin D	Calcium Magnesium, Selenium, Iron	Some anti-inflammatory medications result in increased losses of calcium through the urine as well as interfering with nutrient metabolism.	Vitamin C, Folic Acid, Calcium High Potency, Iron, Magnesium, Cod Liver Oil
<b>Bronchodilators</b>	Vitamin B1, Vitamin B6	No significant interactions known	The use of bronchodilators may increase the requirements for some vitamins.	B Complex High Potency
<b>Cholesterol lowering drugs</b>	Vitamin B12, Folic Acid, Vitamin E	No significant interactions known	Some cholesterol lowering medications increase the requirements for certain vitamins	B Complex High Potency, B12 & Folic Acid, Vitamin E
<b>Corticosteroids</b>	Vitamin B1, Vitamin B6, Vitamin B12, Folic acid, Vitamin C, Vitamin D	Magnesium, Calcium	Corticosteroids mainly interfere with the metabolism of nutrients as well as increasing urinary losses.	B Complex High Potency, Vitamin C Cod Liver Oil, Calcium High Potency, Magnesium
<b>Diuretics</b>	Vitamin B1, Vitamin B6, Folic Acid	Zinc, Magnesium, Calcium	Diuretics increase urinary losses of vitamins and minerals that could even result in depleted stores of some nutrients.	B Complex High Potency, Calcium High Potency, Zinc, Magnesium
<b>Female Hormones</b>	Vitamin B2, Vitamin B6, Vitamin B12, Folic acid, Vitamin C	Magnesium, Zinc	Hormones influence nutrient metabolism, which could result in increased requirements.	Women's Multivitamin & Minerals, Vitamin B6 & Magnesium, Zinc
<b>Gout Medications</b>	Vitamin B12	Calcium	Medication used for gout could decrease nutrient absorption, which could result in decreased bodily stores.	Calcium High Potency, Vitamin B12 & Folic Acid
<b>Hypertension medication</b>	Vitamin B6, Vitamin B12, Vitamin C	Zinc	Medication used to treat hypertension could cause losses of nutrients through the urine, thus increasing requirements.	B Complex High Potency, Zinc
<b>Laxatives</b>	No significant interactions known	Calcium, Magnesium	Laxatives could induce intestinal losses of nutrients that are normally absorbed in the lower parts of the digestive system.	Calcium High Potency, Magnesium
<b>Pain killers</b>	Folic acid (decreased absorption), Vitamin C	Zinc	Apart from decreasing the absorption of some nutrients, urinary losses could be increased.	Vitamin C, Folic Acid, Zinc
<b>Parkinson's Medications</b>	Vitamin B6, Vitamin B12, Folic acid	No significant interactions known	The disease as well as the medications used in the treatment seem to increase the requirements of some nutrients	B Complex High Potency, B12 & Folic Acid
<b>Ulcer Medications</b>	Vitamin B12, Folic acid	Calcium, Zinc, Iron	Ulcer medications interfere with the absorption of some nutrients from the digestive system.	B Complex High Potency, B12 & Folic Acid, Zinc, Iron, AnaemSmart