

Pharmaceutical	Class of drug	Nutrients depleted	Recommended dosage
Acetaminophen/ Hydrocodone Vicodin, Norco	Pain Narcotic, Anti-Inflammatory	Glutathione	NAC - FDA approved protocol Loading phase: 0.14 to 0.16 g/kg up to 17 doses. Maintenance dose: 0.069 to 0.083 g/kg
Albuterol Ventolin, Proventil	Breathing Bronchodilator	Potassium	Based on serum potassium levels: Levels 3.0–3.4 mEq/L: 2.82 g/day of oral potassium supplementation Levels 2.5–2.9 mEq/L: 3.75 g/day of oral potassium supplementation Hypokalemia or levels < 2.5 mEq/L: intravenous replacement of potassium should be considered
Amlodipine Norvasc	Blood Pressure Calcium Channel Blocker	There are currently no known nutrient depletions associated with Amlodipine	N/A
Atorvastatin Lipitor	Cholesterol Statin	Coenzyme Q10	CoQ10: 50–200 mg/day
Gabapentin Neurotin, Neuraptine	Neuropathy, Pain	Folic Acid	Folic Acid: 400 mcg/day
Lantus Solostar Insulin glargine injection	Diabetes Insulin analogue	Magnesium	Magnesium: 336 mg/day for 3 months

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Levothyroxine Levothroid, Synthroid	Thyroid Synthetic Thyroxine	There are currently no known nutrient depletions associated with Levothyroxine	N/A
Lisinopril Privilin, Zestril	Blood Pressure ACE Inhibitor	Zinc	Zinc: 11 mg/day for men and 8 mg/day for women
Metformin Glucophage XL, Gluformin	Diabetes (biguanide) Hepatic Glucose Reducer	Vitamin B9 Vitamin B12	Folic Acid: 5 mg/day Vitamin B12: 1000 mcg/day sublingual
Metoprolol Lopressor, Toprol-XL	Blood Pressure Beta-blocker	Melatonin	Melatonin: 0.3–6 mg/day before bed
Omeprazole Prilosec, Zegerid	Acid-Reflux Proton Pump Inhibitor	Magnesium Vitamin B12 Calcium Iron	Magnesium: 250–300 mg/day Vitamin B12: 1000–2000 mcg/day Calcium: 500–1000 mg elemental calcium (carbonate, citrate) three times/day Iron: 105–210 mg/day elemental iron
Rosuvastatin Crestor	Cholesterol Statin	Coenzyme Q10	CoQ10: 50–200 mg/day

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