



## Drugs that Deplete your Nutrients

Antacids may reduce your levels of:

- folate
- calcium
- iron
- phosphorous
- potassium

Laxatives (mineral oil-based) may reduce your levels of:

- betacarotene
- vitamins A, D, E, K
- calcium
- phosphorous

Cholesterol lowering drugs may reduce your levels of:

- betacarotene
- vitamin A, D, E, K
- folic acid
- calcium
- iron
- magnesium
- phosphorous
- zinc
- co-enzyme Q10

It is therefore vitally important to find natural alternatives to these medications and/or take supplemental doses to address any deficiencies.