

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
Antacids	Folic acid (decreased absorption) Vitamin B12 (decreased absorption) Vitamin D (decreased activation in the liver)	Calcium (increased urinary losses)	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.	¹ Vital Calcium Complete ² Vital Folic Complete
Antibiotics	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12, Folic acid, Biotin (decreased absorption and production) Vitamin E (increased requirements)	Calcium, Zinc, Magnesium (decreased absorption)	The natural balance of beneficial intestinal bacteria, important for nutrient balance, is disturbed by the use of antibiotics.	Vital Maxi B; Vital Vitamin E 100 iu; Vital Zinc; ¹ Vital Calcium Complete
Anticonvulsants	Vitamin B1, Vitamin B12, Folic acid, Biotin, Vitamin D (decreased absorption and interference with activation of nutrients in liver)	Calcium (decreased absorption)	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.	Vital Maxi B ¹ Vital Calcium Complete
Antidepressants	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B6, Folic acid (increased urinary losses, increased requirements)	No significant interactions known	Some antidepressant medications tend to result in urinary losses, as well as interfering with nutrient metabolism.	Vital Maxi B
Antidiabetics	Folic acid, Vitamin B12 (decreased absorption and increased requirements)	Magnesium (increased losses)	Apart from inducing urinary losses, some diabetic medications impair the absorption of nutrients.	Vital Multitime for Adults Or Natrodale Diabetic Multivitamin & Minerals
Anti-inflammatories	Folic acid, Vitamin C, Vitamin D	Calcium (urinary losses) Magnesium, Selenium, Iron	Some anti-inflammatory medications result in increased losses of calcium through the urine as well as interfering with nutrient metabolism.	Vital Vitamin C; ² Vital Folic Complete; *Vital Calcium Complete; Vital Antioxidant
Bronchodilators	Vitamin B1, Vitamin B6 (interference with activation of vitamins)	No significant interactions known	The use of bronchodilators may increase the requirements for some vitamins.	Vital Maxi B

Cholesterol lowering drugs	Vitamin B12, Folic Acid, Vitamin E (increased requirements for anti-oxidant activity)	No significant interactions known	Some cholesterol lowering medications increase the requirements for certain vitamins	Vital Maxi B Vital Vitamin E 100 iu
Corticosteroids	Vitamin B1, Vitamin B6, Vitamin B12, Folic acid, Vitamin C, Vitamin D (increased losses, interference with nutrient)	Magnesium, Calcium (increased losses)	Corticosteroids mainly interfere with the metabolism of nutrients as well as increasing urinary losses.	Vital Maxi B; Vital Vitamin C ³ Vital Cod Liver Oil ¹ Vital Calcium Complete
Diuretics	Vitamin B1, Vitamin B6, Folic Acid (urinary losses potentially deplete nutrient stores)	Zinc, Magnesium, Calcium (urinary losses potentially deplete nutrient stores)	Diuretics increase urinary losses of vitamins and minerals that could even result in depleted stores of some nutrients.	Vital Maxi B ¹ Vital Calcium Complete Vital Zinc
Female Hormones	Vitamin B2, Vitamin B6, Vitamin B12, Folic acid, Vitamin C	Magnesium, Zinc (interference with nutrient metabolism)	Hormones influence nutrient metabolism, which could result in increased requirements.	Vital Multitime Women Vital Vitamin B6 & Magnesium
Gout Medications	Vitamin B12 (decreased absorption)	Calcium (decreased absorption)	Medication used for gout could decrease nutrient absorption, which could result in decreased bodily stores.	¹ Vital Calcium Complete
Hypertension medication	Vitamin B6, Vitamin B12, Vitamin C (increased losses)	Zinc (increased urinary losses)	Medication used to treat hypertension could cause losses of nutrients through the urine, thus increasing requirements.	Vital Maxi B
Laxatives	No significant interactions known	Calcium, Magnesium (increased losses)	Laxatives could induce intestinal losses of nutrients that are normally absorbed in the lower parts of the digestive system.	¹ Vital Calcium Complete
Pain killers	Folic acid (decreased absorption), Vitamin C (increased urinary losses)	Zinc (increased urinary losses)	Apart from decreasing the absorption of some nutrients, urinary losses could be increased.	Vital Vitamin C ² Vital Folic Complete; Vital Zinc
Parkinson's Medications	Vitamin B6, Vitamin B12, Folic acid (increased requirements with the disease)	No significant interactions known	The disease as well as the medications used in the treatment seem to increase the requirements of some nutrients	Vital Maxi B
Ulcer Medications	Vitamin B12, Folic acid (decreased absorption)	Calcium, Zinc, Iron (decreased absorption)	Ulcer medications interfere with the absorption of some nutrients from the digestive system.	Vital Maxi B; ¹ Vital Calcium Complete; Vital Zinc; Vital Iron

