



LINDGREN
functional medicine

Drug & Nutrient Guide

DRUG TYPE	DEPLETED	INTERACTIONS
ACID SUPPRESSING <i>(H2 antagonists, antacids, proton-pump inhibitors)</i>	B9 B12 D calcium iron zinc magnesium	goldenseal ginger green tea metabolism
ANTIBIOTICS	all Bs K calcium magnesium potassium gut microbes	mineral absorption green tea metabolism St John's wort (SJW)
ANTI-ANXIETY	calcium	kava
ANTI-DEPRESSANTS	CoQ10 B9 B12	melatonin 5-HTP tryptophan SJW
ANTI-DIABETICS	CoQ10 B9 B12	additional blood sugar-lowering herbs & nutrients
ANTI-EPILEPTICS	D calcium B9	B9 (if excessive) ginkgo biloba SJW
ANTI-PYSCHOTICS	B2	echinacea ginseng ev. primrose ginkgo goldenseal SJW
BILE ACID SEQUESTRANTS	A D E K fatty acids	fat digestion
B PRESSURE LOWERING <i>(ACE inhibitors, beta blockers, Ca channel blockers)</i>	zinc potassium (CCB)	calcium potassium (ACE) D omegas BP-lowering herbs
BLOOD THINNING	none known	K C E CoQ10 many herbs
CHOLESTEROL LOWERING <i>(statins)</i>	CoQ10 A D E K	omegas red yeast rice garlic SJW
CORTICOSTEROIDS <i>(usually end in -one)</i>	calcium magnesium potassium	licorice SJW many herbs
DIURETICS	magnesium potassium zinc B1 B9	calcium omegas CoQ10 ginkgo
HORMONE REPLACEMENT	B2 B6 B9 B12 magnesium	caffeine metabolism D calcium red clover soy isoflavones SJW
ORAL CONTRACEPTIVES	B2 B3 B6 B9 B12 magnesium selenium zinc	copper iron garlic green tea metabolism SJW

This guide is not comprehensive or diagnostic; consult with your medical provider if you are taking drugs that may deplete/interact with nutrients.