

## Top 10 Prescribed Medications and Their Nutrient Depletions

### A Quick Guide for Nutrition Clinicians

	DRUG NAME	BRAND NAME(S)	PRIMARY USE	REPORTED NUTRIENT DEPLETIONS
1	ATORVASTATIN	Lipitor	Cholesterol lowering	Coenzyme Q10, L-Carnitine
2	LEVOTHYROXINE	Synthroid	Thyroid hormone replacement	No known depletions
3	LISINOPRIL	Prinivil, Zestril	Blood Pressure Control	Coenzyme Q10
4	METFORMIN	Glucophage	Type 2 diabetes	Vitamin B12, Folic Acid, Coenzyme Q10, Thiamine
5	AMLODIPINE	Norvasc	Blood Pressure Control	Coenzyme Q10, Vitamin C
6	METOPROLOL	Lopressor, Toprol XL	Blood Pressure Control	Coenzyme Q10
7	OMEPRAZOLE	Prilosec	Acid reflux/GERD	Magnesium, Vitamin B12, Calcium, Folic Acid, Iron, Zinc, Beta-Carotene, Chromium, Vitamin C, $\beta$ -Carotene
8	LOSARTAN	Cozaar	Blood Pressure Control	Coenzyme Q10
9	ALBUTEROL	Ventolin, Proventil	Asthma	No known depletions
10	GABAPENTIN	Neurontin	Seizures/nerve pain	Vitamin K

#### For More Information:

- **NatMed Pro: Nutrient Depletion Tool** - <https://naturalmedicines.therapeuticresearch.com/tools/nutrient-depletion.aspx>
- **ClinCalc DrugStats Database: Most Prescribed Drugs** - <https://clinicalcalc.com>
- **HealthCentral: Commonly Prescribed Medications** - <https://www.healthcentral.com>
- **MedlinePlus: Drug Information** - <https://medlineplus.gov>