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from the Rx pad.....

by Rx Clinic Pharmacy, a comprehensive onsite service of Ballantyne Family Medicine

Preventing Nutrient Depletion while on Prescriptions

There is no doubt that prescription medications taken appropriately can save your life. What most people don't know is that taking prescription medications can deplete essential nutrients which affect your health. Replacing these nutrients with vitamins and supplements can help avoid adverse drug reactions and prevent long-term effects of depletion. The truth is that every medication, including over-the-counter drugs, depletes your body of specific, vital nutrients. This is a major concern especially when you consider that most Americans are already suffering from nutrient depletion from our diets. The bottom line is that people should be aware of the medications that deplete essential nutrients that your body needs to thrive. Here are some common medications that cause nutrient depletion. PLEASE NOTE: ALWAYS TALK TO YOUR DOCTOR BEFORE STARTING SUPPLEMENTAL MEDICATIONS.

Blood pressure medications called thiazide diuretics like hydrochlorothiazide (HCTZ) or furosemide have been shown to help decrease blood pressure and prevent heart attacks in high-risk people. Physicians often monitor and prescribe potassium to offset potassium depletion. Low potassium can affect you heart and your muscles. Some people experience cramping in their legs. However, these diuretics are also known to deplete other minerals like magnesium, sodium, pyridoxine (B6), thiamine (B1) and ascorbic acid (vitamin C) which are seldom supplemented. Other blood pressure medications like ACE inhibitors or ARBs such as lisinopril or losartan depletes zinc which is vital for metabolic reactions in the body and help fight infection. Consider the following daily supplements:

calcium (1000 mg), magnesium (250-500 mg), potassium (100 mg), vitamin C (1000 mg), B1 (320 mg), B6 (10-25 mg) and zinc (25 mg). Beta blockers like metoprolol, carvedilol or atenolol help reduce our heart rate, but it also interferes with the production of an enzyme for energy production called Co-enzyme Q10. The lack of CoQ10 is a concern because the heart is particularly rich in cells that need CoQ10. To offset this negative side effect, you can take CoQ10 100mg-300mg daily with fat-containing food for best absorption.

Statin drugs are the most commonly prescribed medication for lowering cholesterol. Examples of these are simvastatin (Zocor), atorvastatin (Lipitor) or rosuvastatin (Crestor). Keeping your cholesterol at goal is important to prevent heart attacks, stroke and other very serious cardiovascular disorders. However, statin drugs also deplete CoQ10 with these potential side effects: muscle pain, weakness and fatigue. Therefore, people on statins should take 100-200 mg of CoQ10 daily to counter this potentially dangerous depletion.

Acid blocking medications like antacids, histamine-2 receptor antagonists (H2 Blockers) and proton-pump inhibitors (PPIs) are commonly prescribed for heartburn, gastro-esophageal reflux disease (GERD) and peptic ulcers. H2 antagonists deplete calcium, iron, zinc, folic acid, vitamin D, and vitamin B12. PPIs deplete vitamin B12 and magnesium. The other issue with these medication is that

they are notoriously over-used or used inappropriately which further leads to depletion of these vital nutrients.

Hormone replacement therapy (HRT) may be used for many different reasons. Oral contraceptives are synthetic forms of hormones like estrogen and/or progesterone used to prevent pregnancy. Some people use HRT for hormone balancing or transitioning. The major issue with synthetic forms of hormones is that they deplete vitamins B6 and B12, folic acid and magnesium. These nutrients are critical for heart health and mood stabilization. Rather than an antidepressant medication, some people may use appropriate supplements to restore the body's natural balance. For people on standard HRT (estrogen and progesterone orally, including as an oral contraceptive, or as a transdermal skin cream), we recommend calcium (1000-1200 mg daily), folic acid (400-800 mcg), magnesium (500 mg), vitamin B2 (25 mg), vitamin B6 (50 mg), vitamin B12 (500-1000 mcg), vitamin C (500-1000 mg) and zinc (25-50 mg).

There are many more examples of medications that may cause drug nutrient depletion so talk to your doctor or pharmacist. Rx Clinic Pharmacy inside Ballantyne Family Medicine specialize in drug nutrient depletion. They have created their own pharmaceutical grade supplement line that will be released in 2017 called Simple Nourishment. Talk to one of our staff today for assistance.



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