

DRUG MUGGERS

**WHICH MEDICATIONS ARE ROBBING YOUR BODY OF ESSENTIAL
NUTRIENTS—*AND NATURAL WAYS TO RESTORE THEM***

BY SUZY COHEN, RPH

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FOOD RULES: To Eat or Not to Eat

TAKE THESE MEDICATIONS WITH FOOD:

Take these medications a few minutes before you eat, while you're eating, or shortly after you finish your meal.

ACE Inhibitors (Angiotensin-Converting Enzyme Inhibitors)

- Benazepril (Lotensin)
- Captopril (Capoten)
- Enalapril (Vasotec)
- Fosinopril (Monopril)
- Lisinopril (Prinivil, Zestril)
- Moexipril (Univasc)
- Perindopril (Aceon)
- Quinapril (Accupril)
- Ramipril (Altace)
- Trandolapril (Mavik)

Analgesics/Pain Relievers

Most pain relievers can be taken without regard to meals; however, they are very irritating to the stomach and often cause nausea or vomiting. I always recommend that you take the following with meals.

- Codeine and codeine-containing cough syrup
- Hydrocodone and acetaminophen (Lortab, Norco, Vicodin)
- Hydrocodone and Ibuprofen (Vicoprofen)
- Morphine (Avinza)
- Oxycodone (Roxicodone)
- Oxycodone and acetaminophen (Percocet)
- Oxycodone and aspirin (Percodan)
- Oxycodone extended-release (Oxycontin)
- Tramadol (Ultram, Ultram ER)

TAKE THESE MEDICATIONS WITH FOOD *(continued)*

Antibiotics

Taking these on an empty stomach will improve absorption, but taking them with food will minimize stomach upset.

Amoxicillin/clavulanate potassium (Augmentin)

Azithromycin (Z-Pak)

Doxycycline (Vibramycin, Vibra-Tabs)

Erythromycin and Erythromycin Ethylsuccinate (E.E.S.)

Metronidazole (Flagyl)

Minocycline (Minocin)

Nitrofurantoin (Macrobid)

Cephalosporin antibiotics:

Cefaclor (Ceclor)

Cefadroxil (Duricef)

Cefazolin (Ancef, Kefzol,)

Cefixime (Suprax)

Cefoxitin (Mefoxin)

Cefprozil (Cefzil)

Ceftazidime (Ceptaz, Fortaz, Tazicef, Tazidime)

Cefuroxime (Ceftin)

Cephalexin (Keflex)

Anticonvulsants

Gabapentin (Neurontin)

Phenobarbital (Solfoton)

Phenytoin (Dilantin)

Pregabalin (Lyrica)

Valproic acid (Depakene, Depakote)

TAKE THESE MEDICATIONS WITH FOOD *(continued)*

Antidepressants ——— All categories of these medications (tricyclics, SSRIs, etc.) should be taken with food to reduce stomach upset, nausea, heartburn, and cramps. All of them can be very irritating, so take them with a snack or with a meal.

Antifungals

Griseofulvin (Fulvicin, Gris-PEG, Grifulvin V)
Itraconazole (Sporanox)

Antigout

Allopurinol (Zyloprim)

Anti-Inflammatories

See Arthritis Medicines on page 36 for a complete list.

Celecoxib (Celebrex)
Diclofenac (Voltaren)
Hydrocortisone (Cortef)
Hydroxychloroquine (Plaquenil)
Ibuprofen (Advil, Motrin)
Indomethacin (Indocin)
Ketoprofen (Orudis)
Nabumetone (Relafen)
Naproxen (Aleve, Anaprox, Naprosyn)
Sulfasalazine (Azulfidine)

Benzodiazepines

Alprazolam (Xanax)

TAKE THESE MEDICATIONS WITH FOOD *(continued)*

Diabetes Medications

Take 5 to 60 minutes after eating, depending on drug. Check with your pharmacist for the correct waiting time for your drug. Please read *Diabetes without Drugs* for more information about safe usage.

Acarbose (Precose)
Albiglutide (Syncria injection, pending FDA approval)
Chlorpropamide (Diabinese)
Exenatide (Byetta)
Glimepiride (Amaryl)
Glipizide (Glucotrol, Glucotrol XL)
Glipizide and metformin (Metaglip)
Glyburide (Diabeta, Micronase)
Glyburide and metformin (Glucovance)
Liraglutide (Victoza)
Metformin (Fortamet, Glucophage, Glucophage XR)
Metformin and pioglitazone (Actoplus)
Metformin and repaglinide (PrandiMet)
Metformin and rosiglitazone (Avandamet)
Metformin and sitagliptin (Janumet)
Micronized glyburide (Glynase)
Pramlintide (Symlin injection)
Repaglinide (Prandin)
Tolazamide (Tolinase)
Tolbutamide (Orinase)
Voglibose

Estrogen-Containing Drugs

Hormone replacement therapy
Oral contraceptives

TAKE THESE MEDICATIONS WITH FOOD *(continued)*

Lipase Inhibitors

Orlistat (Alli, Xenical)

Salicylates

Salicylic acid or aspirin (Bayer, Ecotrin, St. Joseph)

Pain Relievers

These include ibuprofen, acetaminophen, and prescription opiates such as hydrocodone, oxycodone, and morphine.

Steroid Dose Pack

Methylprednisolone (Medrol Dose Pack) and prednisolone (Sterapred Dose Pack)

* * *

TAKE THESE MEDICATIONS ON AN EMPTY STOMACH:

Technically, taking drugs on an empty stomach is generally understood to mean 1 hour before you eat a meal or snack or 2 hours after you have finished eating.

Antibiotics

Rifampin (Rifadin)

Tetracycline (Sumycin)

Quinolone antibiotics:

Ciprofloxacin (Cipro)

Levofloxacin (Levaquin)

Ofloxacin (Floxin)

TAKE THESE MEDICATIONS ON AN EMPTY STOMACH *(continued)*

Antihistamines

Desloratadine (Clarinet)

Loratadine (Claritin)

Antiarrhythmics

Digoxin (Lanoxin)

Appetite Suppressants

Phentermine (Adipex-P)

Beta-Blockers

Atenolol (Tenormin)

Labetalol (Normodyne, Trandate)

Metoprolol (Lopressor and Toprol XL)

Propranolol (Inderal)

Bone-Building Drugs

Actonel (Risedronate)

Boniva (Ibandronate)

Didronel (Etidronate)

Fosamax (Alendronate)

Fosavance (Alendronic acid and colecalciferol)

H2 Acid Blockers

Can be taken 15 minutes to 1 hour before eating.

Cimetidine (Tagamet)

Esomeprazole (Nexium)

Famotidine (Pepcid, Pepcid Complete)

Omeprazole (Prilosec)

Pantoprazole (Protonix)

Rabeprazole (Aciphex)

Ranitidine (Zantac)

TAKE THESE MEDICATIONS ON AN EMPTY STOMACH *(continued)*

Sleeping Medications

These may be taken without regard to meals, but will work faster on an empty stomach. For a complete list, see page 61.

Eszopiclone (Lunesta)

Zaleplon (Sonata)

Zolpidem (Ambien)

Thyroid Hormones

Armour Thyroid

Levothyroxine or L-thyroxine (Levothroid, Synthroid, Unithroid)

Liothyronine (Cytomel)

T₃/T₄ compounded hormone

GRAPEFRUIT INTERACTION CHART

I've prepared the following list in case you are wondering whether a medication is safe to combine with grapefruit. Scientific research yields new findings constantly and only one medication in a particular category may be represented (because I found a study for it), but there are numerous drugs in each category and your medication just may not be listed as of yet.

| DRUG CLASS | MEDICATION | GRAPEFRUIT INTERACTION RESULTS |
|---|-----------------------------------|---|
| Antiarrhythmics | Amiodarone (Cordarone) | Heart rhythm problems |
| Antibiotics and antifungals | Ciprofloxacin (Cipro) | Elevated drug level in the bloodstream may enhance dangerous side effects associated with these drugs |
| | Levofloxacin (Levaquin) | |
| | Doxycycline (Doryx or Vibra-Tabs) | |
| | Itraconazole (Sporanox) | |
| | Ketoconazole (Nizoral) | |
| Anticoagulants | Warfarin (Coumadin) | Elevated drug level, which may lead to excessive blood thinning. This may or may not be seen, as it may be internal. Nosebleeds sometimes do occur as a first hint, as does easy bruising |
| Anticonvulsants | Carbamazepine (Tegretol) | Sedation, slow breathing |
| Antidepressants | Sertraline (Zoloft) | Elevated drug level, so it increases side effects such as anxiety, dizziness, nausea/vomiting, diarrhea |
| Anxiety | Amitriptyline (Elavil) | |
| | Buspirone (BuSpar) | Sedation, impaired thinking |
| | Clozapine (Clozaril) | |
| | Diazepam (Valium) | Breathing problems |
| | Haloperidol (Haldol) | |
| | Midazolam (Versed) | Slow pulse |
| | Trazodone (Desyrel) | |
| Blood pressure medication, including calcium channel blockers | Amlodipine (Norvasc) | Rapid pulse, low blood pressure, fainting |
| | Diltiazem (Cartia) | This interaction is slight. |
| | Felodipine (Plendil) | Rapid pulse, low blood pressure, fainting |

| DRUG CLASS | MEDICATION | GRAPEFRUIT INTERACTION RESULTS |
|---|---|--|
| Blood pressure medication, including calcium channel blockers | Losartan (Cozaar) | Elevated drug level, low blood pressure, dizziness, fainting, rapid pulse |
| | Nifedipine (Procardia) | Rapid pulse, low blood pressure, fainting |
| | Verapamil (Calan, Isoptin) | This interaction is slight. |
| Breathing medicine | Theophylline (Theo-Dur, Theo-24) | Might decrease effectiveness |
| Cardiac glycoside | Digoxin (Lanoxin) | Either reduces absorption or increases it, depending on the individual and hydration status |
| Erectile dysfunction drugs | Sildenafil (Viagra) and other sex pills | Headache, flushing, gastrointestinal problems |
| Estrogen drugs | Birth control and hormone replacement therapy | May produce more estrogen side effects such as dizziness, breast pain, irritability, insomnia, nausea/vomiting, joint pain |
| Immunosuppressants | Cyclosporine (Sandimmune, Neoral) | Liver and kidney damage |
| | Tacrolimus (Prograf) | Increases dangerous side effects |
| Insomnia medication | Triazolam (Halcion) | Excessive sedation, slowed breathing and pulse |
| Pain medication | Methadone | Increases drug levels, causing excess sedation, slowed breathing, impaired thinking, and bradycardia |
| Statin cholesterol reducers | Atorvastatin (Lipitor, Advicor) | Muscle aches, headache, rhabdomyolysis, liver or kidney damage, leg cramps, and neuropathy |
| | Fluvastatin (Lescol) | |
| | Lovastatin (Mevacor) | |
| | Pravastatin (Pravachol) | |
| | Rosuvastatin (Crestor) | |
| | Simvastatin (Zocor, Vytorin, Lipex, Simcor) | |

Also, there are a few medications that have been listed for your safety, even though the data is inconclusive or conflicting. Other medications such as the Alzheimer's drug donepezil (Aricept), the breast cancer agent tamoxifen (Nolvadex) and possibly related breast cancer drugs, the prostate medication tamsulosin (Flomax), and the popular nonsedative types of antihistamines like loratadine (Claritin) and fexofenadine (Allegra) seem to also interact with grapefruit juice. However, the significance of these interactions is still unknown.

COMMON DRUG MUGGERS

| TYPES | COMMON DRUGS | INSTALL YOUR SECURITY SYSTEM | OR THESE COMPLICATIONS MAY RESULT |
|----------------------------|--|--|--|
| Acid blockers | Proton pump inhibitors, H ₂ blockers | All nutrients, because these drugs alter the pH of the gut | Heart disease, high homocysteine, fatigue, candida, irritable bowel syndrome, increased risk of cancer, poor vision, high blood pressure, anemia, brittle nails, tiredness, hair loss, hearing loss, tooth decay, higher risk of developing gluten sensitivity |
| Antibiotics | All | B vitamins, calcium, magnesium, iron, beneficial bacteria | Heart disease, high homocysteine, fatigue, candida, increased risk of cancer, irritable bowel syndrome, leg cramps, high blood pressure, fatigue, low thyroid, bone loss, weight gain |
| Antidepressants | MAO inhibitors: selegiline (Eldepryl), phenelzine (Nardil), isocarboxazid (Marplan) | Vitamin B ₆ | Heart disease, nerve pain, depression, mouth sores, fatigue, PMS, insomnia, dermatitis, fatigue |
| | SSRIs: Paxil, Prozac | Iodine | Hypothyroidism, depression, hair loss, weight gain, lowered immunity |
| | Tricyclics: amitriptyline (Elavil), desipramine (Norpramin), doxepin (Sinequan), clomipramine (Anafranil), imipramine (Tofranil), nortriptyline | CoQ10, riboflavin | Fatigue, headaches, heart failure, heart palpitations, leg cramps, skin and nerve problems, weight gain |
| Anxiety medications | Alprazolam (Xanax), clonazepam (Klonopin), diazepam (Valium), lorazepam (Ativan) | Melatonin | Weight gain, insomnia, heart palpitations, lowered immunity, increased risk of autoimmune disorders |
| Blood pressure medications | ACE inhibitors: captopril (Capoten), enalapril (Vasotec), lisinopril (Zestril, Prinivil), quinapril (Accupril), ramipril (Altace), trandopril (Mavik), fosinopril (Monopril) | Zinc, magnesium, potassium, calcium | Loss of sex drive, prostate problems, loss of smell or taste, hair loss, slow wound healing, frequent infections, higher risk of cancer, leg cramps, high blood pressure, weight gain, bone loss |
| | Beta-blockers: atenolol (Tenormin), metoprolol (Toprol, Lopressor), timolol (Timoptic drops), nadolol (Corgard), sotalol (Betapace) | CoQ10, melatonin | Heart disease, irregular heartbeat, memory loss, muscle cramps, insomnia, disrupted sleep, increased risk of cancer, autoimmune disorders |
| | Calcium channel blockers: nifedipine (Procardia), felodipine (Plendil), verapamil (Calan, Isoptin), diltiazem (Cardizem), amlodipine (Norvasc) | Potassium, vitamin D, calcium, possibly CoQ10 | Heart disease, irregular or rapid heartbeat, bone loss, confusion, muscle weakness, thirst, leg cramps, frequent infections, high blood pressure, fatigue |
| | Clonidine (Catapres), methyl dopa (Aldomet) | CoQ10 | Fatigue, weakness, muscle and leg cramps, memory loss, higher risk of cancer, frequent infection, liver damage, higher risk of heart attack |
| Breathing medications | Fluticasone (Flonase and Flovent) | Folic acid, most minerals, iodine | Hypothyroidism, depression, hair loss, weight gain, lowered immunity |

(continued)

| TYPES | COMMON DRUGS | INSTALL YOUR SECURITY SYSTEM | OR THESE COMPLICATIONS MAY RESULT |
|--|--|---|---|
| Cholesterol medications | Fibrates: fenofibrate (Tricor), ezetimibe (Zetia), gemfibrozil (Lopid), clofibrate (Atromid-S), colestipol (Colestid), cholestyramine (Questran) | Most minerals and B vitamins | Heart disease, high homocysteine, fatigue, candida, higher risk of cancer, irritable bowel syndrome, frequent infection, hair loss, muscle pain, weakness, cramps, insomnia, vision problems |
| | Statins: atorvastatin (Lipitor), lovastatin (Mevacor), pravastatin (Pravachol) | CoQ10, possibly vitamin D | Fatigue, weakness, muscle cramps, memory loss, shortness of breath, higher risk of cancer, frequent infections, liver damage, heart disease |
| Diabetes medications | Glyburide (Diabeta, Glynase, Micronase) | CoQ10, B ₁₂ , folic acid | Fatigue, weakness, muscle cramps, memory loss, higher risk of cancer, frequent infection, liver damage, heart disease |
| | Metformin (Glucophage, Glucophage XR, Glumetza, Fortamet, Riomet), metformin and sitagliptin (Janumet), tolazamide (Tolinase), glipizide (Glucotrol) | CoQ10, B ₆ , B ₁₂ , folic acid | Heart disease, high homocysteine, frequent infection, fatigue, anemia, irregular heartbeat, memory loss, increased risk of cancer, muscle cramps |
| Diuretics | Virtually all of them | B vitamins, vitamin C, zinc, calcium, magnesium, potassium | Osteoporosis, heart disease, slow wound healing, frequent infection, leg cramps, depression, memory loss, lowered immunity, vision problems, enlarged prostate, edema, weight gain, hair loss, high blood pressure, fatigue, mood swings |
| Gout medications | Colchicine | Vitamin A, B ₁₂ , potassium, calcium | Lowered immunity, fatigue, muscle cramps and weakness, edema, weight gain, low appetite, heart disease, dehydration, vision loss |
| Laxatives | Bisacodyl (Dulcolax) | Potassium, other minerals | Vision problems, high blood pressure, bone loss, rickets, hearing loss, heart disease, muscle weakness and cramps |
| | Mineral oil | Vitamin A, calcium, vitamins D and E, most other nutrients | Irregular heartbeat, heart palpitations, muscle weakness and cramps, tiredness, water retention, weight gain |
| NSAIDs | Ibuprofen (Motrin, Advil), naproxen (Aleve, Naprosyn, Anaprox), ketoprofen (Orudis), meloxicam (Mobic) | Vitamin C, folic acid, iron | Heart disease, high homocysteine, cervical dysplasia, higher risk of cancer, higher risk of birth defects, depression, diarrhea, gray hair, mouth sores, anemia, frequent infections, hypothyroidism |
| Oral contraceptives, hormone replacement therapy | All estrogen-containing hormone drugs used for contraception and menopause | Beneficial flora, magnesium, zinc, most minerals, B vitamins, vitamin C | Heart disease, fatigue, candida, increased risks of stroke and cancer, irritable bowel syndrome, depression, insomnia, lowered immunity, memory loss, irritability, nerve pain, hypothyroidism, inability to cope, higher risk of breast cancer |
| Salicylates | Aspirin, Percodan, Fiorinal | Vitamin C, calcium, iron, folic acid, pantethine, protein | Fatigue, depression, osteoporosis, brittle nails, hair loss, edema, high cholesterol, high homocysteine, heart disease, high blood pressure |
| Thyroid medications | Levothyroxine, Synthroid, Armour | Iron, calcium | Anemia, weakness, brittle nails, irritability, fatigue, osteoporosis, tooth decay, high blood pressure, heart disease, insomnia, acid reflux, digestive problems, higher risk of cancer |

SUPPLEMENTS TO BATTLE THE DRUG MUGGERS

| SUPPLEMENT | NUTRIENTS | DRUG MUGGERS IT WILL BATTLE | BENEFITS* |
|-------------------------------|--|--|--|
| B ₆ | Vitamin B ₆ (pyridoxine) | Antibiotics, diuretics, antidepressants, acid-reducing medications, estrogen-containing drugs, theophylline | Works with folic acid to break down homocysteine, supporting a healthy cardiovascular system; strengthens the immune system; promotes kidney health; helps prevent various nervous and skin disorders; acts as a natural diuretic; has antiaging properties; reduces dry mouth and urination problems caused by tricyclic antidepressants |
| B ₁₂ | Vitamin B ₁₂ (methylcobalamin) | Antibiotics, diabetes medications, cholesterol medications, estrogen-containing drugs, diuretics, acid-blockers, gout medications | Supports red blood cell production and breakdown of homocysteine, strengthening the cardiovascular system; promotes energy production; maintains a healthy nervous system; properly utilizes fats, protein, and carbohydrates; enhances concentration, mood, memory, and balance; protects against secondhand cigarette smoke |
| Calcium | Calcium | Thyroid medications, salicylates, diuretics | Boosts bone and oral health, cardiovascular health, digestive health, and immune function |
| Calcium/magnesium combination | Calcium, magnesium | Acid-reducing medications, blood pressure medications, salicylates, diuretics, thyroid medications, antibiotics, estrogen-containing drugs, laxatives | Helps maintain strong bones and healthy teeth; supports digestive tract function and colon health; boosts cardiovascular and nervous system health, healthy metabolism, and mental health |
| CoQ10 | Coenzyme Q10 | Blood pressure medications, diabetes medications, cholesterol medications, acid-reducing medications | Boosts heart health; efficiently breaks down fats, protein, and carbohydrates; acts as an antioxidant; promotes energy production |
| D ₃ | Vitamin D ₃ | Cholesterol medications, laxatives | Strengthens the immune system; supports bone, joint, muscle, and skin health; has antiaging properties; supports colon, pancreas, and stomach health; helps maintain healthy blood pressure and cardiovascular health; protects the brain and reproductive organs; decreases risk of diabetes and metabolic syndrome; improves mood |
| High-quality multivitamin | Men's or women's formula: vitamins A, C, D ₃ , E, K, B ₆ , B ₁₂ , thiamine, riboflavin, niacin, folic acid, biotin, pantothenic acid, calcium, iodine, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum | Antibiotics, blood pressure medications, diabetes medications, acid-reducing medications, cholesterol medications, estrogen-containing drugs, salicylates, NSAIDs, diuretics, antidepressants, laxatives, gout medications, colchicine | Strengthens the immune system; promotes healthy vision and bone, skin, and nail strength; has antioxidant and antiaging properties; boosts digestive health, wound healing, and nervous system function; promotes metabolic function and cardiovascular health; prevents neural tube birth defects; promotes energy, sleep, mental health, and the list goes on! |
| Iodine and selenium | Iodine iodide, selenium | Breathing medications, fluoride toothpaste, vegetable oil, citrus-flavored soda | Supports female reproductive health; boosts thyroid health; promotes metabolic function and energy production |
| Trace minerals | Boron, magnesium, copper, manganese, phosphorus, selenium | Blood pressure medications, diuretics, acid-reducing medications, estrogen-containing drugs | Supports bone health; strengthens immune system; promotes healthy blood pressure; maintains nervous system function; helps digestive system; boosts heart health and red blood cell production; has antioxidant properties; supports metabolic functions |

**These statements have not been evaluated by the Food and Drug Administration. This book is not intended to diagnose, treat, cure, or prevent any disease.*

Drug Muggers of Vitamin A

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Tums, Titalac, Rolaids)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics

Neomycin (eyedrops, eardrops, antibiotic ointments)

Antigout

Colchicine (Colcrys)

Cholesterol Agents

Cholestyramine resin (Questran)
Colesevalam (WelChol)
Colestipol (Colestid)

Lipase Inhibitors

Orlistat (Alli, Xenical)

Oral Contraceptives (not a drug mugger, may lead to increases in plasma levels of vitamin A)

MISC:

Alcohol
Fat blockers sold as OTC diet aids (kidney bean extract or starch neutralizer, for example)
Malabsorption disorders like Celiac, Crohn's, IBS, pancreatic insufficiency
Mineral oil
Olestra (a fat substitute commonly found in light potato chips)

Drug Muggers of Biotin (Vitamin B₇)

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Analgesics

Butalbital-containing drugs
(Fioricet, Fiorinal, Zebutal)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (AlternagEL, Amphojel)
Calcium carbonate (Rolaids, Titalac, Tums)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (a few examples)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Sulfamethoxazole and trimethoprim (Bactrim, Septra)
Tetracycline (Sumycin)

Anticonvulsants: When

supplementing for this particular depletion, space your vitamin at least 4 hours away from the anticonvulsant medication.

Carbamazepine (Carbatrol, Tegretol)
Oxcarbazepine (Trileptal)
Phenobarbital (Solfoton)
Phenytoin (Dilantin)
Primidone (Mysoline)
Zonisamide (Zonegran)

(continued)

Drug Muggers of Biotin (Vitamin B₇)

Antivirals

Delavirdine (Rescriptor)
Foscarnet (Foscavir)
Lamivudine (Epivir)
Nevirapine (Viramune)
Zidovudine, AZT (Retrovir)
Zidovudine and Lamivudine
(Combivir)

Hormone Replacement Therapy/ Oral Contraceptives

Estradiol (Climara, CombiPatch,
Estraderm, EstroGel, Menostar,
and many others)
Estrogen-containing drugs (Estrace,
Estring, Femring, Premarin)
Estrogen and progestrin
(Activella)
Estrogens, conjugated (Prempro,
Premphase)
Ethinyl estradiol (found in many
birth control pills)

Nonsteroidal Aromatase

Inhibitors for breast cancer

Anastrozole (Arimidex)

SERMs (Selective Estrogen Receptor Modulators—used for breast cancer)

Raloxifene (Evista)
Tamoxifen (Nolvadex)
Toremifene (Fareston)

Sulfonamides (Sulfa antibiotics, some diabetes medications)

MISC:

Alcohol
Any drug that depletes beneficial
bacteria in the gut is a drug
mugger of biotin.
Estrogen dominance
Nicotine
Raw egg whites

Drug Muggers of Calcium

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Analgesics

Butalbital-containing drugs
(Fioricet, Fiorinal, Zebutal)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Tums, Titalac, Rolaid)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (a few examples)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Sulfamethoxazole and trimethoprim (Septra, Bactrim)
Tetracycline (Sumycin)

Anticonvulsants

Carbamazepine (Carbatrol, Tegretol)
Ethosuximide (Zarontin)
Gabapentin (Gabarone)
Methsuximide (Celontin)
Oxcarbazepine (Trileptal)
Phenobarbital (Solfoton)
Phenytoin (Dilantin)
Primidone (Mysoline)
Valproic acid (Depakene)

(continued)

Drug Muggers of Calcium

Antigout

Colchicine (Colcrys)

Antiviral Agents

Delavirdine (Rescriptor)

Foscarnet (Foscavir)

Lamivudine (Epivir)

Nevirapine (Viramune)

Zidovudine, AZT

(Retrovir)

Zidovudine and Lamivudine

(Combivir)

Blood Pressure Drugs

ACE inhibitor class:

Captopril (Capoten)

Enalapril (Vasotec)

Lisinopril (Prinivil, Zestril)

Quinapril (Accupril)

Calcium channel blockers: These may interfere with calcium supplements. The data is controversial, but it's best to take your calcium supplement at least 2 hours away from your medication. Examples of medications in this class include verapamil and any drug that ends in "dipine," like nifedipine, felodipine, amlodipine, and others.

Diuretics, loop:

Bumetanide (Bumex)

Ethacrynic acid (Edecrin)

Furosemide (Lasix)

Diuretics, thiazide:

Chlorothiazide (Diuril)

Chlorthalidone (Hygroton)

Hydrochlorothiazide or HCTZ

(Hydrodiuril)

Methyclothiazide (Enduron)

Metolazone (Zaroxolyn)

Any combination drug that

contains HCTZ or

hydrochlorothiazide (dozens of drugs contain this)

Diuretics, sulfonamide:

Indapamide (Lozol)

Possibly the potassium-sparing diuretics, however this is not conclusive

Cardiac Glycosides

Digoxin (Digitek, Lanoxicaps, Lanoxin) (High levels of calcium may increase the risk of digoxin toxicity, and low levels of calcium reduce digoxin's effectiveness. If you take digoxin, your doctor should monitor your calcium levels closely.)

(continued)

Drug Muggers of Calcium

Corticosteroids

Betamethasone (Diprolene, Luxiq)
Dexamethasone (Decadron)
Fluocinolone (Synalar topical)
Methylprednisolone (Medrol)
Prednisolone (Prednisol)
Prednisone (Deltasone)
Triamcinolone (Aricin)

Inhaled corticosteroids:

Budesonide (Rhinocort, Symbicort)
Flunisolide (Nasarel, Nasacort)
Fluticasone (Flonase)

Cholesterol Agents

Cholestyramine resin (Questran)

Hormone Replacement Therapy/

Oral Contraceptives

Estrogens, conjugated (Prempro, Premphase)
Estradiol (Activella, Climara, CombiPatch, Estrace, Estraderm, Estring, EstroGel, Menostar)
Estrogen-containing drugs (Femring) There are dozens!
Ethinyl estradiol (found in many birth control pills)

Laxatives that contain

magnesium (like magnesium citrate or Milk of Magnesia)

Nonsteroidal Aromatase

Inhibitors for breast cancer

Anastrozole (Arimidex)

Salicylates (Many substances, both drug and nondrug, contain this chemical. I've listed just a few here.)

Caffeine and aspirin (Fiorinal)
Magnesium salicylate (Mobidin)
Oxycodone and aspirin (Percodan)
Salicylic acid or aspirin (Bayer, Ecotrin, St. Joseph)
Salsalate (Disalcid)

SERMs (Selective Estrogen Receptor Modulators—used for breast cancer)

Raloxifene (Evista)
Tamoxifen (Nolvadex)
Toremifene (Fareston)

Sulfonamide (Sulfa antibiotics, some diabetes medications)

Thyroid Medications (Important: Separate calcium administration from thyroid medication by 4 hours or more.)

Levothyroxine (Synthroid, Levoxyl, Thyrolar)

MISC:

Benzoates
Beta hydroxy acid
Estrogen dominance
Many artificial food colorings and flavorings
Mineral oil
Menthol
Mint, peppermint, and spearmint
Phenylethyl salicylate (a fragrance)

Drug Muggers of Coenzyme Q10

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Allergy Drugs

Promethazine (Phenergan)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Rolaids, Titalac, Tums)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antiarrhythmics

Propafenone (Rythmol)
Sotalol (Betapace)

Antibiotics (a few examples)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Sulfamethoxazole and trimethoprim (Septra, Bactrim)
Tetracycline (Sumycin)

Antidepressants, Tricyclic

Amitriptyline (Elavil)
Amoxapine (Asendin)
Clomipramine (Anafranil)
Desipramine (Norpramin)
Doxepin (Sinequan)
Imipramine (Tofranil)
Nortriptyline (Pamelor)
Protriptyline (Vivactil)

(continued)

Drug Muggers of Coenzyme Q10

Blood Thinner

Warfarin (Coumadin) (Talk to your doctor first, but CoQ10 may slightly reduce the effectiveness of this drug, so a higher dose may be needed. Taking CoQ10 still outweighs not taking it.)

Blood Pressure Drugs

Labetalol (Normodyne, Trandate)

Methyldopa (Aldomet)

ACE inhibitors:

Enalapril (Vasotec) (CoQ10 enhances this drug's effect)

Angiotensin II receptor antagonists:

Candesartan and HCTZ (Atacand HCT)

Telmisartan and HCTZ (Micardis HCT)

Beta-blockers:

Acebutolol (Sectral)

Atenolol (Tenormin)

Betaxolol (Kerlone)

Bisoprolol (Zebeta, Ziac, Cardicor)

Carvedilol (Coreg)

Metoprolol (Lopressor and Toprol XL) (CoQ10 enhances the benefits of this particular beta-blocker.)

Nadolol (Corgard)

Propranolol (Inderal)

Timolol (Timoptic eye drops)

Centrally acting alpha-agonist

hypotensive agents:

Clonidine (Catapres)

Diuretic, sulfonamide:

HCTZ or hydrochlorothiazide (any of the dozens of drugs containing this, including Dyazide, Maxzide, Avapro HCT, Hyzaar, Micardis HCT)

Indapamide (Lozol)

Moexipril and HCTZ (Univasc)

Diuretics, thiazide:

Chlorothiazide (Diuril),
Chlorthalidone (Hygroton),
Hydrochlorothiazide or HCTZ
(Hydrodiuril)

Methyclothiazide (Enduron)

Metolazone (Zaroxolyn)

Any combination drug that contains HCTZ or hydrochlorothiazide (dozens of drugs contain this)

Cancer Drugs

Doxorubicin (Adriamycin)
(Pretreating yourself with CoQ10 can help reduce damage to the heart from this chemotherapy drug.)

(continued)

Drug Muggers of Coenzyme Q10

Cholesterol Reducers

Fibrates:

Fenofibrate (Tricor)

Gemfibrozil (Lopid)

Statins:

Atorvastatin (Lipitor, Advicor)

Fluvastatin (Lescol)

Lovastatin (Mevacor, Altacor,
Altoprev)

Pitavastatin (Livalo, Pitava)

Pravastatin (Pravachol, Lipostat,
Selektine)

Rosuvastatin (Crestor)

Simvastatin (Zocor, Lipex)

Simvastatin and ezetimibe (Vytorin)

Simvastatin and niacin (Simcor)

HIV Drugs

Psychiatric Drugs

Chlorpromazine (Thorazine)

Droperidol (Inapsine)

Fluphenazine (Prolixin)

Haloperidol (Haldol)

Thioridazine (Mellaril)

Diabetes Medications

Acetohexamide (Dymelor)

Chlorpropamide (Diabinese)

Glimepiride (Amaryl)

Glipizide (Glucotrol)

Glyburide (Diabeta, Glynase,
Micronase)

Glyburide and metformin
(Glucovance)

Metformin (Fortamet, Glucophage,
Glucophage XR, Glumetza,
Riomet)

Metformin and sitagliptin
(Janumet)

Pioglitazone (Actos)

Repaglinide (Prandin)

Rosiglitazone (Avandia)

Tolazamide (Tolinase)

Tolbutamide (Orinase)

Drug Muggers of Folate (Vitamin B₉)

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Analgesics

Hydrocodone and acetaminophen (Lortab, Lorcet, Vicodin)
Hydrocodone and aspirin (Lortab ASA, Alor)
Oxycodone and aspirin (Percodan)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Tums, Titalac, Rolaids)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (a few examples)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Sulfamethoxazole and trimethoprim (Bactrim, Septra)
Tetracycline (Sumycin)

Anticonvulsants

Carbamazepine (Carbatrol)
Ethosuximide (Zarontin)
Gabapentin (Neurontin)
Phenobarbital (Solfoton)
Phenytoin (Phenytek, Dilantin)
Primidone (Mysoline)
Valproic acid (Depakene, Depakote)

(continued)

Drug Muggers of Folate (Vitamin B₉)

Anti-inflammatory drugs

Celecoxib (Celebrex)
Diclofenac (Voltaren)
Etodolac (Lodine)
Ibuprofen (Motrin, Advil)
Indomethacin (Indocin)
Ketoprofen (Orudis)
Lodine (Etodolac)
Naproxen (Aleve, Anaprox, Naprosyn)
Nabumetone (Relafen)
Piroxicam (Feldene)
Sulfasalazine (Azulfidine)
Sulindac (Clinoril)

Antimetabolites (for Psoriasis)

Methotrexate (Rheumatrex, Trexall)

Antivirals

Delavirdine (Rescriptor)
Foscarnet (Foscavir)
Lamivudine (Epivir)
Nevirapine (Viramune)
Zidovudine, AZT (Retrovir)
Zidovudine and didanosine (Combivir)

Barbiturates

Amobarbital (Amytal)
Butalbital (Fiorinal, Fioricet, Zebutal)

Pentobarbital (Nembutal)
Secobarbital (Seconal)
Secobarbital and Amobarbital (Tuinal)
Thiopental (Pentothal)

Blood Pressure Drugs

Diuretics, loop:

Bumetanide (Bumex)
Ethacrynic acid (Edecrin)
Furosemide (Lasix)

Diuretics, potassium-sparing:

Triamterene (Dyazide, Dyrenium, Maxzide)

Diuretics, sulfonamide:

Indapamide (Lozol)

Diuretics, thiazide:

Any combination drug that contains HCTZ or hydrochlorothiazide (dozens of drugs contain this)
Chlorothiazide (Diuril)
Chlorthalidone (Hygroton)
Hydrochlorothiazide or HCTZ (Hydrodiuril)
Methyclothiazide (Enduron)
Metolazone (Zaroxolyn)

(continued)

Drug Muggers of Folate (Vitamin B₉)

Cholesterol Agents

Cholestyramine (Questran)

Corticosteroids

Betamethasone (Diprolene, Luxiq)

Dexamethasone (Decadron)

Fluvoxamine (Luvox)

Hydrocortisone (Cortef)

Methylprednisone (Medrol)

Prednisone (Prednisol)

Inhaled corticosteroid:

Fluticasone (Flonase)

Diabetes Medications

Glimepiride (Amaryl)

Glipizide (Glucotrol)

Glyburide (Diabeta, Glynase,
Micronase)

Glyburide and metformin
(Glucovance)

Metformin (Fortamet, Glucophage,
Glucophage XR, Glumetza,
Riomet)

Metformin and sitagliptin
(Janumet)

Pioglitazone (Actos)

Rosiglitazone (Avandia)

Tolazamide (Tolinase)

Hormone Replacement Therapy/

Oral Contraceptives

Estrogen-containing drugs
(hormone replacement therapy
and birth control)

Estrogens, conjugated (Prempro,
Premphase)

Levonorgestrel (found in many
birth control pills)

Muscle Relaxant

Carisoprodol (Soma)

Nonsteroidal Aromatase

Inhibitors for breast cancer

Anastrozole (Arimidex)

Salicylates

Aspirin (Bufferin, Bayer)

SERMs (Selective Estrogen Receptor Modulators—used for breast cancer)

Raloxifene (Evista)

Tamoxifen (Nolvadex)

Toremifene (Fareston)

SSRI Antidepressants

Prozac (fluoxetine), Zoloft
(sertraline), Paxil (paroxetine)

Sulfonamides

MISC:

Alcohol

Estrogen Dominance

Drug Muggers of Glutathione

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Analgesics

Acetaminophen and codeine
(Tylenol 3)
Acetaminophen and paracetamol
(Tylenol and others)
Butalbital-containing drugs
(Fiorinal, Fioricet, Zebutal)
Hydrocodone and acetaminophen
(Lortab, Norco, Vicodin)
Oxycodone and acetaminophen
(Endocet, Percocet, Roxicet, Tylox)
Propoxyphene and acetaminophen
(Darvocet)

Antacids

Aluminum and magnesium
hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Tums, Titralac, Rolaids)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (a few examples)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Sulfamethoxazole and trimethoprim (Bactrim Septra)
Tetracycline (Sumycin)

(continued)

Drug Muggers of Glutathione

Antidepressants, Tricyclic

Clomipramine (Anafranil)

Desipramine (Norpramin) and
others

Antivirals

Foscarnet (Foscavir)

Lamivudine (Epivir)

Zidovudine, AZT (Retrovir)

Zidovudine and Lamivudine
(Combivir)

MISC:

Alcohol

Any drug mugger of thiamine

Any drug mugger of vitamin C
(because C is needed to make
glutathione)

Any medication that goes through
the liver (there are hundreds)

Nicotine

Drug Muggers of Iron

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Analgesics

Butalbital-containing drugs
(Fiorinal, Fioricet, Zebutal)
Carisoprodol and aspirin (Soma Compound)
Hydrocodone and aspirin (Lortab ASA, Alor 5/500)
Oxycodone and aspirin (Percodan)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Tums, Titalac, Rolaids)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (a few examples)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Neomycin (found in some eyedrops, eardrops, and antibiotic ointments)
Sulfamethoxazole and trimethoprim (Bactrim Septra)
Tetracycline (Sumycin)

Anti-inflammatory drugs

(NSAIDs)
Celecoxib (Celebrex)
Diclofenac (Voltaren)
Ibuprofen (Motrin, Advil)
Indomethacin (Indocin)
Ketoprofen (Orudis)
Methocarbamol and aspirin (Robaxisal)
Naproxen (Aleve, Anaprox, Naprosyn)
Sulindac (Clinoril)

(continued)

Drug Muggers of Iron

Antivirals

Delavirdine (Rescriptor)
Foscarnet (Foscavir)
Lamivudine (Epivir)
Nevirapine (Viramune)
Zidovudine, AZT (Retrovir)
Zidovudine and Lamivudine
(Combivir)

Bisphosphonate Bone-Building

Drugs (Iron can prevent their absorption, so an iron supplement should be taken 2 to 4 hours later.)

Alendronate (Fosamax)
Etidronate (Didronel)
Risedronate (Actonel)
Tiludronate (Skelid)

Blood Pressure Drugs

Methyldopa (Aldomet)

Diuretics, loop:

Bumetanide (Bumex)
Ethacrynic acid (Edecrin)

Furosemide (Lasix)

Diuretics, potassium-sparing:

Amiloride (Midamor)
Spironolactone (Aldactone)
Triamterene (Dyazide, Dyrenium,
Maxzide)

Diuretics, sulfonamide:

Indapamide (Lozol) This is a “sulfonamide” medication, and those types of drugs deplete iron; however, there is not a direct study for this medication and the depletion effect.

Chelating Agent

Penicillamine (Cuprimine)

Cholesterol Agents

Cholestyramine resin (Questran)

Colestipol (Colestid)

Parkinson’s drugs

Levodopa (L-dopa or Larodopa)

Levodopa and carbidopa (Sinemet)

Levodopa, carbidopa, and entacapone (Stalevo) (Stalevo has not been shown to deplete iron; however, it contains levodopa as one of its ingredients.)

Salicylates

Aspirin (Bayer, Ecotrin, St. Joseph)

Aspirin and dipyridamole
(Aggrenox)

Sulfonamides

Sulfa antibiotics, some diabetic medications

(continued)

Drug Muggers of Iron

Thyroid Medicine

Armour Thyroid (Thyroid hormone)

Levothyroxine (Levoxyl, Synthroid, Unithroid)

MISC:

Alcohol

Allopurinol (not a drug mugger; it boosts absorption of iron)

Coffee and tea (even decaf!) (It's okay to drink coffee or tea, but separate the beverage from your iron supplement by a couple of hours.)

Dairy products (These reduce absorption of iron supplements.)

Excess zinc supplementation (zinc and iron have to stay in balance, excess zinc inhibits iron uptake)

Hypochlorhydria (low levels of stomach acid)

Grape juice

Low ferritin levels

Red wine

Riboflavin muggers

Drug Muggers of Magnesium

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Ranitidine (Zantac)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Tums, Titalac, Rolaids)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (a few examples)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Sulfamethoxazole and trimethoprim (Bactrim, Septra)
Tetracycline (Sumycin)

Antiviral Agents

Delavirdine (Rescriptor)
Foscarnet (Foscavir)
Lamivudine (Epivir)
Nevirapine (Viramune)
Zidovudine, AZT (Retrovir)
Zidovudine and Lamivudine (Combivir)

(continued)

Drug Muggers of Magnesium

Blood Pressure Drugs

Hydralazine (Apresoline)

ACE inhibitors:

Enalapril and HCTZ (Vaseretic)

Angiotensin II receptor blockers:

Valsartan and HCTZ (Diovan
HCT)

Diuretics, loop:

Bumetanide (Bumex)

Ethacrynic acid (Edecrin)

Furosemide (Lasix)

Torsemide (Demadex)

Diuretics, thiazide (and any
combination drug that contains
HCTZ or hydrochlorothiazide—
dozens of drugs contain this)

Candesartan and HCTZ (Atacand
HCT)

Chlorothiazide (Diuril)

Chlorthalidone (Hygroton)

Hydrochlorothiazide or HCTZ
(Hydrodiuril)

Methyclothiazide (Enduron)

Metolazone (Zaroxolyn)

Diuretics, potassium-sparing:

Possibly the potassium-sparing
diuretics, however this is not
conclusive

Diuretics, sulfonamide:

Indapamide (Lozol)

Cardiac Glycoside

Digoxin (Digitek, Lanoxicaps,
Lanoxin)

Central Nervous System (CNS) Stimulants

Methylphenidate (Metadate, Ritalin)

Cholesterol Agents

Cholestyramine (Questran)

Colestipol (Colestid)

Corticosteroids

Betamethasone (Diprolene, Luxiq)

Dexamethasone (Decadron)

Hydrocortisone (Cortef)

Methylprednisolone (Medrol)

Mometasone (Elocon)

Prednisolone (Pediapred Liquid)

Prednisone (Deltasone, Liquid
Pred, Sterapred)

Triamcinolone (Aristocort cream)

Inhaled corticosteroids:

Flunisolide (Nasarel, Nasalide)

Futicasone (Flonase)

Triamcinolone (Azmecort inhaler)

(continued)

Drug Muggers of Magnesium

Hormone Replacement Therapy/

Oral Contraceptives

Diethylstilbestrol (DES)

Estradiol (Activella, Climara, Combipatch, Estrace, Estraderm, Estring, EstroGel, Femring, Menostar, and many others)

Estrogen-containing drugs (hormone replacement therapy and birth control)

Estrogens, conjugated (Premphase, Prempro)

Estrogens, esterified (Estratab)

Estropipate (Ogen)

Ethinyl estradiol (found in many birth control pills)

Levonorgstrel (found in many birth control pills)

Immunosuppressants

Cyclosporine (Sandimmune, Neoral)

Tacrolimus (Prograf)

Nonsteroidal Aromatase

Inhibitors for breast cancer

Anastrozole (Arimidex)

Osteoporosis

Raloxifene (Evista)

SERMs (Selective Estrogen Receptor Modulators—used for breast cancer)

Raloxifene (Evista)

Tamoxifen (Nolvadex)

Toremifene (Fareston)

Sulfonamides

Sulfa antibiotics, some diabetic medications

MISC:

Alcohol

Calcium supplementation (prolonged or in excess)

Coffee

Estrogen dominance

High cortisol levels

High-sugar diet (glucose, fructose, sucrose)

Malabsorption of any sort (celiac or Crohn's disease, pancreatitis, crash dieting, anorexia)

Mineral oil

Drug Muggers of Melatonin

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Analgesics

Aspirin (Bayer, Bufferin)
Ibuprofen (Advil, Motrin)
Naproxen (Aleve, Naprosyn)
Oxycodone (Oxycontin)
Hydrocodone-containing drugs (Vicodin, Lortab)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Tums, Titralac, Rolaids)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antianxiety Medications

Alprazolam (Xanax)
Clonazepam (Klonopin)
Diazepam (Valium)
Lorazepam (Ativan)
Triazolam (Halcion)

Antidepressants, Tricyclic

Desipramine (Norpramin, for example, is not a drug mugger, but it increases levels of melatonin.)

Antihistamine

Hydroxyzine (Atarax, Vistaril)

Antipsychotics

Chlorpromazine (Thorazine)
Fluphenazine (Prolixin)
Haloperidol (Haldol)
Thioridazine (Mellaril)

Blood Thinner

Warfarin (Coumadin) (Not a drug mugger; melatonin may potentiate the effect of this blood thinner, and too much blood-thinning increases the risk of bleeding.)

(continued)

Drug Muggers of Melatonin

Blood Pressure Drugs

Adrenergic receptor agonist:

Methoxamine (Vasoxyl)

Beta-blockers:

Atenolol (Tenormin)

Bisoprolol (Cardicor, Zebeta,
Ziac)

Carvedilol (Coreg)

Metoprolol (Lopressor and Toprol
XL)

Nadolol (Corgard)

Propranolol (Inderal)

Sotalol (Betapace)

Calcium channel blockers:

Amlodipine (Norvasc)

Diltiazem (Cardizem)

Felodipine (Plendil)

Nifedipine (Procardia) This
combination is not
recommended. (Melatonin may
reduce effectiveness of the
drug.)

Nisoldipine (Sular)

Verapamil (Calan, Isoptin)

*Centrally acting alpha-agonist
hypotensive agents:*

Clonidine (Catapres)

Cancer Drugs

Tamoxifen (Nolvadex) (Not a drug
mugger, but the combination of
melatonin with this breast cancer
drug may enhance the effect.)

Inhibitory Hormones/ Somatostatins

Octreotide (Sandostatin)

MAO Inhibitors

Phenelzine (Nardil)

Tranylcypromine (Parnate) and
others increase melatonin levels.

Selective Serotonin Reuptake Inhibitors (SSRIs)

Fluoxetine (Prozac)

Fluticasone (Flonase)

Fluvoxamine (Luvox) (Not a drug
mugger; it increases melatonin
levels.)

Sleep Medications

Eszopiclone (Lunesta)

Temazepam (Restoril)

Zaleplon (Sonata) and others

Zolpidem (Ambien)

(continued)

Drug Muggers of Melatonin

MISC:

Alcohol

Any drug mugger of niacin, B₁, B₆, calcium, or magnesium because you need those nutrients to make melatonin.

Caffeine

Hypochlorhydria (because you need stomach acid to convert proteins in your food into key amino acids, which ultimately form melatonin)

Marijuana (Cannabis) (can increase levels of melatonin)

Niacin muggers

Nicotine (tobacco)

St. John's wort (can increase melatonin levels)

Smoking cessation patches, lozenges, or gum

Sunlight, lamps, fluorescent light

Vitamin B₆ muggers

Drug Muggers of B₁₂ (Methylcobalamin)

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Tums, Titalac, Roloids)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (just a few examples here, although there are many others)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)

Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Dicloxacillin (Dynapen)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Sulfamethoxazole and trimethoprim (Bactrim Septra)
Tetracycline (Sumycin)

Anticonvulsants

Phenobarbital (Solfoton)
Phenytoin (Dilantin) (Space supplement at least 2 hours away from anticonvulsant medication.)
Primidone (Mysoline)

Antigout

Colchicine (Colcrys)

Antimetabolites

Methotrexate (Rheumatrex, Trexall)

(continued)

Drug Muggers of B₁₂ (Methylcobalamin)

Antivirals

Foscarnet (Foscavir)
Lamivudine (Epivir)
Stavudine (Zerit)
Zidovudine, AZT (Retrovir)
Zidovudine and Lamivudine
(Combivir)

Blood Pressure Drugs

Methyldopa (Aldomet)

Cholesterol Medicine

Fibrate cholesterol medicine:

Clofibrate (Atromid-S)
Ezetimibe (Zetia)
Fenofibrate (Tricor)
Gemfibrozil (Lopid)

Bile acid sequestrant medicine:

Cholestyramine resin (Questran)
Colestipol (Colestid)
Colesevelam (Welchol)

Diabetes Medications

Glimepiride (Amaryl)
Glipizide (Glucotrol)
Glyburide (Diabeta, Glynase,
Micronase)
Glyburide and metformin
(Glucovance)

Metformin (Fortamet, Glucophage,
Glucophage XR, Glumetza,
Riomet)

Metformin and sitagliptin
(Janumet)

Pioglitazone (Actos)

Rosiglitazone (Avandia)

Hormone Replacement Therapy/ Oral Contraceptives

Estradiol (Activella, Climara,
CombiPatch, Estraderm,
Estring, EstroGel, Menostar, and
many others)

Estrogen-containing drugs (Estrace,
Femring)

Estrogens, conjugated (Prempro,
Premphase)

Ethinyl estradiol (found in many
birth control pills)

Norethindrone (Aygestin)

Nonsteroidal Aromatase

Inhibitors for breast cancer

Anastrozole (Arimidex)

(continued)

Drug Muggers of B₁₂ (Methylcobalamin)

Parkinson's drugs

Levodopa/carbidopa (Sinemet)

Psychiatric Drugs

Chlorpromazine (Thorazine)

Fluphenazine (Prolixin)

Haloperidol (Haldol)

Thioridazine (Mellaril)

SERMs (Selective Estrogen Receptor

Modulators—used for breast cancer)

Raloxifene (Evista)

Tamoxifen (Nolvadex)

Toremifene (Fareston)

MISC:

Alcohol

Any drug mugger of beneficial bacteria

Estrogen dominance

Hypochlorhydria (low stomach acid)

Infection with *H. pylori* bacteria

Potassium supplements and drugs (Micro-K, Slow-K)

Vegetarian or vegan diet

Drug Muggers of Niacin (Vitamin B₃)

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Antacids (all of them because they change the pH in the gut)

Antibiotics (just a few examples)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Isoniazid (INH)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Penicillin (Pen VK)

Sulfamethoxazole and trimethoprim (Bactrim Septra)
Tetracycline (Sumycin)
Trimethoprim (Proloprim)

Antigout

Probenecid (Benemid, Col-Benemid)

Anti-inflammatory drugs (NSAIDs)

Celecoxib (Celebrex)
Diclofenac (Voltaren)
Etodolac (Lodine)
Ibuprofen (Advil, Motrin)
Indomethacin (Indocin)
Ketoprofen (Orudis)
Naproxen (Aleve, Anaprox, Naprosyn)
Sulindac (Clinoril)

Antituberculosis Agents

Ethambutol (Myambutol)
Isoniazid (INH)
Rifampin (Rifadin)

Cholesterol Agents

Cholestyramine (Questran)
Colestipol (Colestid)

(continued)

Drug Muggers of Niacin (Vitamin B₃)

Blood Pressure Drugs

Diuretics, loop:

Bumetanide (Bumex)

Ethacrynic acid (Edecrin)

Furosemide (Lasix)

Diuretics, thiazide:

Any combination drug that
contains HCTZ or
hydrochlorothiazide (dozens of
drugs contain this)

Chlorothiazide (Diuril)

Chlorthalidone (Hygroton)

Hydrochlorothiazide or HCTZ
(Hydrodiuril)

Methyclothiazide (Enduron)

Metolazone (Zaroxolyn)

Diuretics, sulfonamide:

Indapamide (Lozol)

Triamterene/HCTZ (Dyazide,
Dyrenium, Maxzide)

Hormone Replacement

Therapy/Oral

Contraceptives

Estradiol (Activella, Climara,

CombiPatch, Estraderm,

EstroGel, Menostar)

Estrogens, conjugated (Prempro,
Premphase)

Estrogen-containing drugs

(Estrace, Estring, Femring, and
many others—there are
dozens!)

Ethinyl estradiol (found in many
birth control pills)

Laxatives

Nonsteroidal Aromatase

Inhibitors for breast cancer

Anastrozole (Arimidex)

SERMs (Selective Estrogen Receptor
Modulators—used for breast cancer)

Raloxifene (Evista)

Tamoxifen (Nolvadex)

Toremifene (Fareston)

Sulfonamides

MISC:

Alcohol

Anything that mugs vitamin B₆
(because B₆ converts niacin to
nicotinamide, so without B₆ you
could run low)

Estrogen dominance

Low-protein diets

Nicotine (smoking)

Drug Muggers of Potassium

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Analgesics

Aspirin (Bayer, Ecotrin, St. Joseph)
Butalbital compound and aspirin (Fiorinal)
Carisoprodol and aspirin (Soma Compound)
Ketoprofen (Orudis)
Oxycodone and aspirin (Percodan)
Salicylate drugs or herbs

Antibiotics (just a few examples)

Amoxicillin (Amoxil, Augmentin)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)

Erythromycin (E.E.S.)
Isoniazid (INH)
Levofloxacin (Levaquin)
Lomefloxacin (Maxaquin)
Minocycline (Minocin)
Moxifloxacin (Avelox, Vigamox)
Sulfamethoxazole and trimethoprim (Bactrim Septra)
Tetracycline (Sumycin)

Anticonvulsants

Pregabalin (Lyrica) (not a drug mugger, this boosts potassium levels)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Tums, Titalac, Rolaids)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antigout

Colchicine (Colcrys)

(continued)

Drug Muggers of Potassium

Antivirals

Delavirdine (Rescriptor)
Foscarnet (Foscavir)
Lamivudine (Epivir)
Nevirapine (Viramune)
Zidovudine, AZT (Retrovir)
Zidovudine and Lamivudine
(Combivir)

Blood Pressure Drugs

Hydralazine (Apresoline)
ACE inhibitors:
Enalapril and HCTZ (Vaseretic)
Ramipril (Altace)
Angiotensin II receptor blockers:
Telmisartan and HCTZ (Micardis
HCT)
Valsartan (Diovan)
Valsartan and HCTZ (Diovan
HCT)
Calcium-channel blockers:
Nifedipine (Procardia)
Verapamil (Calan, Verelan)
Diuretics, loop:
Bumetanide (Bumex)
Ethacrynic acid (Edecrin)
Furosemide (Lasix)
Torsemide (Demadex)

Diuretics, thiazide:

Any combination drug that contains
HCTZ or hydrochlorothiazide
(dozens of drugs contain this)
Atenolol and chlorthalidone
(Hygroton)
Chlorothiazide (Diuril)
Chlorthalidone (Hygroton)
Hydrochlorothiazide or HCTZ
(Hydrodiuril)
Methyclothiazide (Enduron)
Metolazone (Zaroxolyn)
Diuretics, sulfonamide:
Indapamide (Lozol)
Diuretics, potassium-sparing diuretics
(possibly, however this is not
conclusive)

Bronchodilators

Albuterol (syrup, tablets, nebulizer
solution and inhalers like
Ventolin, ProAir, and Proventil)

Corticosteroids

Dexamethasone (Decadron)
Hydrocortisone (Cortef)
Methylprednisolone (Medrol)
Prednisolone (Pediapred liquid)
Prednisone (Sterapred)
Inhaled corticosteroids:
Budesonide (Rhinocort)
Fluticasone (Flonase)

(continued)

Drug Muggers of Potassium

Glaucoma

Acetazolamide (Diamox)

Hormone Replacement Therapy/

Oral Contraceptives

Estrogen-containing drugs

Estrogens, conjugated (Premarin,
Premphase, Prempro)

Immunosuppressants

Cyclosporine (Sandimmune)

Tacrolimus (Prograf)

Laxatives

Bisacodyl (Dulcolax)

Long-Acting Beta Agonists

(LABAs)

Salmeterol (Serevent inhaler and
Advair diskus)

Parkinson's Drugs

Levodopa and carbidopa
(Sinemet)

Stool-Softeners

Docusate and casanthranol
(Peri-Colace)

MISC:

Alcohol

Cesium supplements

Coffee, tea, and soda (caffeinated)

Excessive salt intake

Stinging nettle herb

White willow bark

Drug Muggers of Beneficial Bacteria

Acid Blockers

All

Antacids

All

Antibiotics

All

Antivirals

All

Hormone Replacement Therapy/

Oral Contraceptives

Estrogen containing drugs

OTC Medicines

Virtually all

Prescription Medicines

*Virtually all

SERMs (medications used for breast cancer which modify estrogen levels)

Sulfonamides

Sulfa antibiotics

Some diabetes medications

MISC:

Estrogen dominance

Many herbal products that disrupt integrity in the GI tract

Nutrients like prescription-strength folic acid, Lovaza, Nephro-vite, and prenatals

Vitamin K (phylloquinone) found in some multivitamins

*The drug muggers list would take a hundred pages if I were to list all of them.

Drug Muggers of Pyridoxine (Vitamin B₆)

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Tums, Titalac, Roloids)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (just a few examples)

Amoxicillin (Amoxil, Augmentin)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Isoniazid (INH)
Levofloxacin (Levaquin)
Lomefloxacin (Maxaquin)
Minocycline (Minocin)
Moxifloxacin (Avelox, Vigamox)
Sulfamethoxazole and trimethoprim (Bactrim Septra)
Tetracycline (Sumycin)

Anticonvulsants

Phenytoin (Phenytek)

Barbiturates

(continued)

Drug Muggers of Pyridoxine (Vitamin B₆)

Blood Pressure Drugs

Hydralazine (Apresoline)

ACE inhibitors:

Enalapril and HCTZ (Vaseretic)

Diuretics, loop:

Bumetanide (Bumex)

Ethacrynic acid (Edecrin)

Furosemide (Lasix)

Torsemide (Demadex)

Diuretics, sulfonamide:

Indapamide (Lozol)

Diuretics, thiazide:

Any combination drug that
contains HCTZ or
hydrochlorothiazide (dozens of
drugs contain this)

Chlorothiazide (Diuril)

Chlorthalidone (Hygroton)

Hydrochlorothiazide or HCTZ
(Hydrodiuril)

Methyclothiazide (Enduron)

Metolazone (Zaroxolyn)

Bronchodilators

Albuterol (Proventil, Ventolin,
ProAir HFA)

Albuterol and ipratropium
(Combivent)

Cycloserine (Seromycin)

Theophylline (Uniphyll, Slo-bid,
Theo-24, or Theo-Dur)

Cardiac Glycoside

Digoxin (Lanoxin, Lanoxicaps,
Digitek)

Chelating Agent

Penicillamine (Cuprimine)

Cholesterol Agents

Cholestyramine (Questran)

Colesevelam (Welchol)

Colestipol (Colestid)

Diabetes Medications

Metformin (Fortamet, Glucophage,
Glucophage XR, Glumetza,
Riomet)

Metformin and sitagliptin (Janumet)

Hormone Replacement Therapy/ Oral Contraceptives

Estradiol (Activella, Climara,
CombiPatch, Estraderm,
EstroGel, Menostar, and many
others)

Esterified estrogens (Estratab)

Estrogen-containing drugs (Estrace,
Estring, Femring, Menest)

Estrogens, conjugated (Premphase,
Prempro)

Ethinyl estradiol (Ortho-Novum,
Triphasil, among others)

Levonorgestrel (found in many
birth control pills)

(continued)

Drug Muggers of Pyridoxine (Vitamin B₆)

MAO Inhibitor Drugs

Nonsteroidal Anti-inflammatory

Drugs, or NSAIDs (They deplete other nutrients that are required to convert B₆ to P5P, such as zinc, and they deplete other sister B vitamins like B₁₂ and folic acid, as well as C.)

Aspirin (Bayer, Bufferin)

Diclofenac (Voltaren)

Ibuprofen (Advil, Motrin)

Nabumetone (Relafen)

Naproxen (Aleve, Anaprox,
Naprosyn)

Nonsteroidal Aromatase

Inhibitors for breast cancer

Anastrozole (Arimidex)

Parkinson's Drugs

Levodopa and carbidopa (Sinemet)
(separate from B₆ by 4 to 6 hours
or ask the doctor about taking a
supplement)

SERMs (Selective Estrogen Receptor
Modulators—used for breast
cancer)

Raloxifene (Evista)

Tamoxifen (Nolvadex)

Toremifene (Fareston)

MISC:

Alcohol

Aluminum poisoning

Candida albicans overgrowth

Chelation therapy

Estrogen dominance

Excessive protein intake

Riboflavin drug muggers (since
riboflavin is needed to activate B₆)

Zinc deficiency

Zinc drug muggers (since zinc is
needed to activate B₆)

Drug Muggers of Riboflavin (Vitamin B₂)

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Nizatidine (Axiid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Ranitidine (Zantac)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, Alternagel)
Calcium carbonate (Tums, Titalac, Rolaids)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (all of them, just a few examples here)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)

Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Sulfamethoxazole and trimethoprim (Bactrim Septra)

Anticonvulsants

Phenobarbital (Solfoton)

Antidepressants, Tricyclic

Amitriptyline (Elavil)
Desipramine (Norpramin)
Doxepin (Sinequan)
Imipramine (Tofranil)
Nortriptyline (Pamelor)

Antimetabolites

Methotrexate (Rheumatrex, Trexall)

Antinausea Drugs

Promethazine (Phenergan)

(continued)

Drug Muggers of Riboflavin (Vitamin B₂)

Antivirals

Delavirdine (Rescriptor)

Foscarnet (Foscavir)

Lamivudine (Epivir)

Nevirapine (Viramune)

Zidovudine, AZT
(Retrovir)

Zidovudine and Lamivudine
(Combivir)

Blood Pressure Drugs

Diuretics, loop:

Bumetanide (Bumex)

Ethacrynic acid (Edecrin)

Furosemide (Lasix)

Torsemide (Demadex)

Diuretics, potassium-sparing: diuretics
(possibly, however this is not
conclusive)

Diuretics, sulfonamide:

Indapamide (Lozol)

Diuretics, thiazide:

Any combination drug that
contains HCTZ or
hydrochlorothiazide (dozens of
drugs contain this)

Chlorothiazide (Diuril)

Chlorthalidone (Hygroton)

Hydrochlorothiazide or HCTZ
(Hydrodiuril)

Methyclothiazide (Enduron)

Metolazone (Zaroxolyn)

Cancer Drugs

Doxorubicin (Adriamycin)

Hormone Replacement Therapy/ Oral Contraceptives

Estradiol (Estrace, Climara,
Estraderm, Estring, Activella,
Femring, CombiPatch, EstroGel,
Menostar, and many others)

Estradiol and testosterone
(Estratest, Depo-Testadiol)

Estrogen-containing drugs, such as
oral contraceptives

Estrogens, conjugated (Premphase,
Prempro)

Ethinyl estradiol (found in many
birth control pills)

Levonorgestrel (found in many
birth control pills and Plan B)

Norethindrone (found in many
birth control pills)

Nonsteroidal Aromatase Inhibitors for breast cancer

Anastrozole (Arimidex)

(continued)

Drug Muggers of Riboflavin (Vitamin B₂)

Psychiatric Drugs

- Chlorpromazine (Thorazine)
- Fluphenazine (Prolixin)
- Haloperidol (Haldol)
- Thioridazine (Mellaril)
- Trifluoperazine (Stelazine)

SERMs (Selective Estrogen Receptor Modulators—used for breast cancer)

- Raloxifene (Evista)
- Tamoxifen (Nolvadex)
- Toremifene (Fareston)

Sulfonamides

MISC:

- Alcohol
- Anorexia
- Estrogen dominance
- High dosages of any other B vitamins

Drug Muggers of Selenium

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Tums, Titalac, Rolaids)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antidepressants including tricyclic and SSRI medicines (a few examples)

Amitriptyline (Elavil)
Desipramine (Norpramin)
Fluoxetine (Prozac)
Nortriptyline (Pamelor)
Paroxetine (Paxil)
Sertraline (Zoloft)
Trazodone (Desyrel)

Corticosteroids (all of them)

Betamethasone (Diprolene, Luxiq)
Cortisone (Cortone Acetate)
Dexamethasone (Decadron)
Fluocinolone (Synalar topical)
Halobetasol (Ultravate topical)
Mometasone (Elocon)
Methylprednisolone (Medrol)
Prednisolone (Pediapred and Orapred liquid)
Triamcinolone (Aristocort)

Inhaled corticosteroids:

Budesonide (Rhinocort)
Flunisolide (Nasacort, Nasalide, Nasarel)
Fluticasone (Flonase)
Fluticasone and salmeterol (Advair)

(continued)

Drug Muggers of Selenium

Hormone Replacement Therapy/

Oral Contraceptives

Estradiol (Estrace, Climara, Estraderm, Estring, Activella, Femring, CombiPatch, EstroGel, Menostar, and many others)

Estrogen-containing drugs (hormone replacement therapy and birth control)

Estrogens, conjugated (Prempro, Premphase)

Ethinyl estradiol (found in many birth control pills)

Nonsteroidal Aromatase

Inhibitors for breast cancer

Anastrozole (Arimidex)

SERMs (Selective Estrogen Receptor Modulators—used for breast cancer)

Raloxifene (Evista)

Tamoxifen (Nolvadex)

Toremifene (Fareston)

Sulfonamides (Sulfa antibiotics, indapamide, and some diabetes medications, but this is just a hunch since this class of drugs is known to deplete many other minerals)

MISC:

Alcohol

Burn victims are at risk for selenium (and vitamin E) depletions

Celiac or Crohn's disease or IBS

Estrogen dominance

Gastric bypass

Gluten-free diet

Heavy metal toxicity (Likely all heavy metals but these for sure)
Cadmium burden (which occurs from smoking)

Mercury burden (which occurs from certain seafood, environmental chemicals, and amalgams)

Drug Muggers of Thiamine (Vitamin B₁)

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, Alternagel)
Calcium carbonate (Rolaids, Titrilac, Tums)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (Just a few here, but all of them are drug muggers.)

Aminoglycosides
Amoxicillin (Amoxil)
Azithromycin (Z-pak)
Cefaclor (Ceclor)

Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Penicillin (Pen VK)
Sulfamethoxazole and trimethoprim (Bactrim Septra)
Tetracycline (Sumycin)
Anticonvulsants
Phenytoin (dilantin) (Space supplement at least 4 hours away from the medication.)
Zonisamide (Zonegran)

Antivirals

Delavirdine (Rescriptor)
Lamivudine (Epivir)
Nevirapine (Viramune)
Foscarnet (Foscavir)
Zidovudine, AZT (Retrovir)
Zidovudine and Lamivudine (Combivir)

Cardiac Glycoside

Digoxin (Lanoxin, Lanoxicaps, Digitek)

(continued)

Drug Muggers of Thiamine (Vitamin B₁)

Blood Pressure Drugs

Diuretics, loop:

Bumetanide (Bumex)

Ethacrynic acid (Edecrin)

Furosemide (Lasix)

Torsemide (Demadex)

Diuretics, potassium-sparing:

(possibly, however this is not conclusive)

Diuretics, sulfonamide:

Indapamide (Lozol)

Diuretics, thiazide:

Any combination drug that contains HCTZ or hydrochlorothiazide (dozens of drugs contain this)

Chlorothiazide (Diuril)

Chlorthalidone (Hygroton)

Hydrochlorothiazide or HCTZ (Hydrodiuril)

Methyclothiazide (Enduron)

Metolazone (Zaroxolyn)

Bronchodilators

Theophylline (Uniphyll, Theo-24, or Theo-Dur)

Hormone Replacement Therapy/ Oral Contraceptives

Estradiol (Estrace, Climara, Estraderm, Estring, Activella, Femring, Combipatch, EstroGel, Menostar, and many others)

Estrogen-containing drugs (hormone replacement therapy and birth control)

Estrogens, conjugated (Premphase, Prempro)

Ethinyl estradiol (found in many birth control pills)

Nonsteroidal Aromatase

Inhibitors for breast cancer

Anastrozole (Arimidex)

SERMs (Selective Estrogen

Receptor Modulators—used for breast cancer)

Raloxifene (Evista)

Tamoxifen (Nolvadex)

Toremifene (Fareston)

Sulfonamides

MISC:

Alcohol

Betel nuts (also called bettlenuts or areca nuts, these are popular in Taiwan)

Coffee

Estrogen dominance

Genetic problems that prevent you from activating B₁

Raw shellfish or raw seafood (such as sushi, oysters, or mussels)

Tea (because of the tannins in tea, so even decaf)

Tobacco (nicotine)

Quercetin and rutin (two popular dietary supplements)

Sulfites found in foods as a preservative

Drug Muggers of Vitamin C

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Analgesics

Aspirin (Bayer, Ecotrin, St. Joseph)
Aspirin with dipyridamole (Aggrenox)
Carisoprodol with aspirin (Soma Compound)
Methocarbamol and aspirin (Robaxisal)
Oxycodone and aspirin (Percodan)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Rolaids, Titalac, Tums)

Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (a few examples)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Sulfamethoxazole and trimethoprim (Bactrim Septra)
Tetracycline (Sumycin)

Anti-Inflammatory Drugs (most)

Diclofenac (Voltaren)
Etodolac (Lodine)
Ibuprofen (Advil, Motrin)
Indomethacin (Indocin)
Ketoprofen (Orudis)
Naproxen (Aleve, Anaprox, Naprosyn)
Sulindac (Clinoril)

(continued)

Drug Muggers of Vitamin C

Antivirals

Delavirdine (Rescriptor)
Foscarnet (Foscavir)
Lamivudine (Epivir)
Nevirapine (Viramune)
Zidovudine, AZT (Retrovir)
Zidovudine and Lamivudine
(Combivir)

Barbiturates

Pentobarbital (Nembutal)
Phenobarbital (Donnatal, Luminal)
Secobarbital (Seconal)

Blood Pressure Drugs

Diuretics, loop:

Bumetanide (Bumex)
Ethacrynic acid (Edecrin)
Furosemide (Lasix)
Torsemide (Demadex)

Diuretics, potassium-sparing:

Amiloride (Midamor)
Spironolactone (Aldactone)
Triamterene (Dyazide, Dyrenium,
Maxzide)

Diuretics, sulfonamide:

Indapamide (Lozol)

Diuretics, thiazide:

Any combination drug that
contains HCTZ or
hydrochlorothiazide (dozens of
drugs contain this)

Chlorothiazide (Diuril)

Chlorthalidone (Hygroton)

Hydrochlorothiazide or HCTZ
(Hydrodiuril)

Methyclothiazide (Enduron)

Metolazone (Zaroxolyn)

Corticosteroids

Dexamethasone (Decadron)

Fluocinonide (Lidex)

Methylprednisolone (Medrol)

Prednisolone (Orapred liquid,
Pediapred)

Prednisone (Deltasone)

Triamcinolone (Aristocort cream)

Inhaled corticosteroids:

Budesonide (Rhinocort)

Flunisolide (Nasacort, Nasarel,
Nasilide)

Fluticasone (Flonase)

Triamcinolone (Azmacort inhaler)

(continued)

Drug Muggers of Vitamin C

Hormone Replacement Therapy/

Oral Contraceptives

Estradiol (Estrace, Climara, Estraderm, Estring, Activella, Femring, CombiPatch, EstroGel, Menostar, and many others)

Estrogen-containing drugs
(hormone replacement therapy and birth control)

Ethinyl estradiol (found in many birth control pills)

Estrogens, conjugated (Premphase, Prempro)

Levonorgestrel (found in most birth control pills and Plan B)

Nonsteroidal Aromatase

Inhibitors for breast cancer

Anastrozole (Arimidex)

SERMs (Selective Estrogen Receptor Modulators—used for breast cancer)

Raloxifene (Evista)

Tamoxifen (Nolvadex)

Toremifene (Fareston)

MISC:

Alcohol

Nicotine products (cigarettes, cigars, chewing tobacco, nicotine patches)

Drug Muggers of Vitamin D

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Rolaids, Titalac, Tums)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (a few examples)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)

Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Sulfamethoxazole and trimethoprim (Bactrim, Septra)
Tetracycline (Sumycin)

Anticonvulsants

Carbamazepine (Tegretol, Carbatrol)
Ethosuximide (Zarontin)
Gabapentin (Neurontin)
Phenobarbital
Phenytoin (Dilantin)
Primidone (Mysoline)
Valproic acid (Depakote, Depakene)

Antifungals

Ketoconazole (Feoris, Nizoral)

Antituberculosis Agents

Ethambutol (Myambutol)
Isoniazid (INH)
Rifampin (Rifadin)

(continued)

Drug Muggers of Vitamin D

Barbituates

Butalbital-containing drugs
(Fiorinal, Fioricet, Zebutal)

Blood Pressure Drugs

Calcium channel blockers:

Diltiazem (Cardizem)

Felodipine (Plendil)

Isoptin amlodipine (Norvasc)

Nifedipine (Procardia, Adalat)

Verapamil (Calan)

Diuretics, potassium-sparing (these are not drug muggers, see examples here):

Triamterene (Maxzide, Dyazide, Dyrenium) may increase vitamin D levels

Cholesterol Agents

Cholestyramine (Questran)

Colestipol (Colestid)

Fibrates (These drugs deplete CoQ10 and Vitamin E, which are two other fat-soluble vitamins, so I think it's likely that they deplete vitamin D too.)

Clofibrate (Atromid)

Gemfibrozil (Lopid)

Fenofibrate (Tricor)

Statins (Some studies suggest a statin-induced vitamin D deficiency, which causes muscle pain and cramps. Have your doctor monitor your levels twice annually if you take a statin.)

Atorvastatin (Advicor, Lipitor)

Fluvastatin (Lescol)

Lovastatin (Altacor, Altoprev, Mevacor)

Pitavastatin (Livalo, Pitava)

Pravastatin (Lipostat, Pravachol, Selekline)

Rosuvastatin (Crestor)

Simvastatin (Lipex, Zocor)

Simvastatin and ezetimibe (Vytorin)

Simvastatin and niacin (Simcor)

Corticosteroids

Dexamethasone (Decadron)

Hydrocortisone (Cortef)

Methylprednisolone (Medrol)

Prednisone (Deltasone, Sterapred, Liquid Pred)

Inhaled corticosteroids:

Budesonide (Rhinocort)

Flunisolide (Nasarel, Nasalide)

Fluticasone (Flonase)

(continued)

Drug Muggers of Vitamin D

Laxatives that contain

magnesium (such as magnesium citrate or Milk of Magnesia and stimulant laxatives)

Lipase Inhibitors

Orlistat (Alli, Xenical)

Nonsteroidal Aromatase

Inhibitors for breast cancer

Anastrozole (Arimidex)

SERMs (Selective Estrogen Receptor Modulators—used for breast cancer)

Raloxifene (Evista)

Tamoxifen (Nolvadex)

Toremifene (Fareston)

MISC:

Alcohol

Lack of sunlight

Liver or kidney damage

Malabsorption as in Celiac, Crohn's, IBS, or pancreatic insufficiency

Mineral oil

Olestra (fat substitute often used in “light” potato chips)

OTC diet aids and fat blockers (kidney bean extract or starch neutralizer, for example)

Drug Muggers of Zinc

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Lansoprazole (Prevacid 24HR)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)
Ranitidine (Zantac)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (AlternaGEL, Amphojel)
Calcium carbonate (Rolaids, Titalac, Tums)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antituberculosis Agents

Ethambutol (Myambutol)
Isoniazid (INH)
Rifampin (Rifadin)

Antivirals

Delavirdine (Rescriptor)
Etravirine (Intelence)
Foscarnet (Foscavir)
Lamivudine (Epivir)
Nevirapine (Viramune)
Zidovudine, AZT (Retrovir)
Zidovudine and Lamivudine (Combivir)

(continued)

Drug Muggers of Zinc

Blood Pressure Drugs

Clonidine (Catapres)

Hydralazine (Apresoline)

Methyldopa (Aldomet)

Moexipril (Univasc)

ACE inhibitors:

Benazepril (Lotensin)

Captopril (Capoten)

Enalapril (Vasotec)

Enalapril and HCTZ (Vasotec HCT)

Fosinopril (Monopril)

Lisinopril (Prinivil, Zestril)

Moexipril (Univasc)

Quinapril (Accupril)

Ramipril (Altace)

Trandolapril (Mavik)

Angiotensin II receptor blockers:

Candesartan and HCTZ (Atacand
HCT)

Irbesartan and HCTZ (Avalide)

Valsartan and HCTZ (Diovan
HCT)

Diuretics, loop:

Bumetanide (Bumex)

Ethacrynic acid (Edecrin)

Furosemide (Lasix)

Torsemide (Demadex)

Diuretics, potassium-sparing:

Amiloride (Midamor) (this is not a
drug mugger, it may increase
levels)

Triamterene/HCTZ (Maxzide,
Dyazide, Dyrenium)

Diuretics, sulfonamide:

Indapamide (Lozol)

Diuretics, thiazide:

Any combination drug that
contains HCTZ or
hydrochlorothiazide (dozens of
drugs contain this)

Chlorothiazide (Diuril)

Chlorthalidone (Hygroton)

Hydrochlorothiazide or HCTZ
(Hydrodiuril)

Losartan and HCTZ (Hyzaar)

Methyclothiazide (Enduron)

Metolazone (Zaroxolyn)

Chelating Agent

Penicillamine (Cuprimine)

(continued)

Drug Muggers of Zinc

Cholesterol Agents

Cholestyramine resin (Questran)

Ezetimibe (Zetia)

Fibrates:

Clofibrate (Atromid-S)

Fenofibrate (Tricor)

Gemfibrozil (Lopid)

Corticosteroids

Betamethasone (Diprolene, Luxiq)

Dexamethasone (Decadron) and others

Methylprednisolone (Medrol)

Prednisolone (Pediapred Liquid)

Prednisone (Deltasone, Liquid Pred, Sterapred)

Triamcinolone (Aristocort cream)

Inhaled corticosteroids:

Budesonide (Rhinocort, Symbicort)

Flunisolide (Nasacort, Nasalide, Nasarel)

Fluticasone (Flonase)

Hormone Replacement Therapy/ Oral Contraceptives

Estradiol (Estrace, Climara, Estraderm, Estring, Activella, Femring, CombiPatch, EstroGel, Menostar, and many others)

Estradiol and testosterone

(EstraTest, Depo-Testadiol)

Estrogen, conjugated (Premphase, Prempro)

Estrogen-containing drugs (hormone replacement therapy and birth control)

Ethinyl estradiol (found in many birth control pills)

Levonorgestrel (in birth control and Plan B)

Norethindrone (found in many birth control pills)

Nonsteroidal Aromatase

Inhibitors for breast cancer

Anastrozole (Arimidex)

SERMs (Selective Estrogen Receptor Modulators—used for breast cancer)

Raloxifene (Evista)

Tamoxifen (Nolvadex)

Toremifene (Fareston)

(continued)

Drug Muggers of Zinc

MISC:

Calcium supplementation (in excess)

Casein (the protein in dairy)

Chelation therapy to remove heavy metals

Chocolate (because it's relatively high in copper)

Coffee, tea, and soda (caffeinated)

Copper supplementation (in excess)

Estrogen dominance

Food dyes rich in copper

Heavy metal toxicity (Likely all heavy metals but these for sure)

Cadmium burden (which occurs from smoking)

Mercury burden (which occurs from certain seafood, environmental chemicals and amalgams)

Smoking (because of the cadmium, a toxic heavy metal in cigarettes)

Supplement Facts

Serving Size 1 Tablet

| | Amount Per Serving | % Daily Value |
|--|-----------------------|------------------|
| Vitamin A (as retinyl acetate and 50% as beta-carotene) | 5000 IU | 100% |
| Vitamin C (as ascorbic acid) | 400 IU | 100% |
| Vitamin D (as cholecalciferol) | 400 IU | 100% |
| Vitamin E (as di-alpha tocopheryl acetate) | 30 IU | 100% |
| Thiamin (as thiamin mononitrate) | 1.5 mg | 100% |
| Riboflavin | 1.7 mg | 100% |
| Niacin (as niacinamide) | 20 mg | 100% |
| Vitamin B6 (as pyridoxine hydrochloride) | 2.0 mg | 100% |
| Folate (as folic acid) | 400 mcg | 100% |
| Vitamin B12 (as cyanocobalamin) | 6 mcg | 100% |
| Biotin | 30 mcg | 10% |
| Pantothenic Acid (as calcium pantothenate) | 10 mg | 100% |

Other ingredients: Gelatin, lactose, magnesium stearate, microcrystalline cellulose, FD&C Yellow No. 6, propylene glycol, propylparaben, and sodium benzoate.

Resources

Great Supplements: Companies That Put Their Best Foot Forward

You'll find only a handful of companies that are authentically great, that willingly share certification information, and that offer you truly good stuff. These companies offer a full line of nutraceuticals from A to Z. You can feel good about shopping for the nutrients you need from any one of the manufacturers I list here. You can search online at their Web sites or call the companies directly. Some are sold through doctors' offices only. Many are widely available at your local health food stores or pharmacies, and at grocery stores and natural health markets such as Whole Foods Market, Mother Earth's Storehouse, and the Vitamin Shoppe. For some, I have mentioned specialty formulas that I think are pure and helpful. Almost all of these companies offer their supplements in vegetarian capsules or offer products that are gluten free, dairy free, and yeast free. If any of these things concern you, please check each item.

Doctor's Data, Inc. or DDI

www.doctorsdata.com

800-323-2784

They have numerous tests and a very good one for evaluating heavy metals spilled through the urine. When I do heavy metal testing, I use their 24-Hour Urine Test because it seems to be the most accurate for heavy metals. Their tests are utilized in the assessment, detection, prevention, and treatment of heavy metal burden, but they also (like the other labs) offer excellent tests for nutritional deficiencies, environmental toxic burdens, gastrointestinal function, detoxification, and metabolic testing.

Douglas Laboratories

www.douglaslabs.com

800-245-4440

This company is an international leader in the dietary supplement industry. They have been in business for more than 50 years, and they manufacture their own line of supplements and hundreds of other proprietary blends. The supplements are manufactured with fine raw materials and under strict guidelines and ISO 9001-certified standards.

Dr. Ohhira's Probiotics

www.essentialformulas.com

They have an incredible blend of probiotics and prebiotics that are based on traditional Asian fermentation processes.

Probiotics 12 Plus is a truly unique blend that is safe for sensitive folks and gets through your stomach acid and down to your intestines, where you need it. This probiotic blend does not require refrigeration. It is sold at most health food stores.

EcoNugenics

www.econugenics.com

800-308-5518

If you go to this company's Web site, you'll find a number of products that are unique and pure. They are sticklers for detail and quality. One of their primary researchers is Isaac Eliaz, MD. He has created one product, PectaSol-C, out of the rinds of citrus fruits. Research done on this product has found it to be beneficial for prostate, breast, and colon cancers. It may help with all types of cancer. It's an absorbable form of soluble fiber that can latch on to tumors and help break them down. EcoNugenics also makes MycoPhyto Complex, which contains six potent varieties of medicinal mushrooms that are grown on immune-system-boosting herbs and organic brown rice. This product calms your immune function if you have an autoimmune disorder such as rheumatoid arthritis, lupus, multiple sclerosis, or Sjögren's syndrome. It can also rev up your immune system if you have constant infections, chronic fatigue syndrome, AIDS-related infections, and so forth. Taking medicinal mushrooms can help your body in a way that no drug at the pharmacy can. MycoPhyto Complex activates your body's natural killer cells and boosts energy reserves, too.

Another star product this company makes is Padma Basic. It's an impressive blend of Tibetan herbs. In the United States, this product is a dietary supplement; overseas, it's sold as a drug. There is research to support Padma Basic's use in people with multiple sclerosis. (It helps prevent demyelination.) It's also helpful for reducing inflammation; unclogging sticky, cholesterol-laden arteries; and possibly delaying the need for a root canal. The research behind Padma Basic is lengthy and impressive.

Enzymatic Therapy

www.enzymatictherapy.com

800-783-2286

This company is a leader in nutrition with more than 250 health products. They pay attention to detail, and you have to love them for allowing regular people to schedule visits to their facility. They are in the Green Bay, Wisconsin, area, and unlike many companies, Enzymatic Therapy will send you certification on bacteriological testing. Because they are so committed to quality and their products are so easy to find at health food stores, I have featured many of them. They make smart and sensible blends of herbs and vitamins so you get the best of both worlds.

Enzymedica

www.enzymedica.com

888-918-1118

This company pays attention to detail and brings us outstanding enzymes to help us digest our food. I've written about them several times in my syndicated column because I really like their plant-based line. A good all-around basic digestive enzyme that everyone could take is Digest. If you are gluten intolerant (celiac disease) and have concerns about a particular meal, you could take their GlutenEase, which grabs gluten out of the meal before you absorb it. Another star product is Natto-K (natto-kinase), an enzyme that breaks up cysts and clots that could clog your arteries and contribute to a stroke. If you have allergies, try their MucoStop. It reduces the effects of histamine-induced misery. I met the president of Enzymedica, Tom Bohager, author of *Enzymes: What the Experts Know*, and he is as compassionate as he is brilliant. Every doctor should read his book to learn how to better serve his or her patients. It is also good for the educated consumer.

Genova Diagnostics

www.genovadiagnostics.com

800-522-4762

One of the best tests they offer is called NutrEval, and it is very comprehensive. Pages and pages of results show you your levels of key micronutrients and amino acids. The lab also offers another test for bone strength. This simple urine test examines compounds to help identify the current rate of bone loss, the presence of lytic bone disease, and the efficacy of bone support medications or treatments.

iNutritionals

www.inutritionals.com

800-647-6100

This company's product line was developed by a renegade neurologist, David Perlmutter, MD, author of *The Better Brain Book* and *Raise a Smarter Child by Kindergarten*. He's created a natural supplement called BrainSustain to improve memory and brain function. This synergistic blend of nutrients contains many brain savers, including alpha-lipoic acid, ginkgo biloba, phosphatidylserine, calcium, some B vitamins, CoQ10, and NAC. The nutrients in this formula work together to help you maintain memory and mood. It protects you from the inside out because your brain cells will be less affected by toxic free radicals, which are basically molecular loose cannons that seek to destroy cells.

BrainSustain works by improving the energy production within each brain cell and increasing oxygen flow. You mix a scoop of powder in juice or water each day. I recommend this supplement for people who want to reduce the risks of free radicals, which have been associated with many neurodegenerative disorders such as Alzheimer's disease, Parkinson's disease, multiple sclerosis, ALS (Lou Gehrig's disease), and poor memory. Dr. Perlmutter makes a children's version of this product that may be helpful for kids with attention deficit problems.

LivingFuel

www.livingfuel.com

866-580-3835

This product line of supplements and foods is impressive not only in quality, but also in taste. I met the brain behind the brilliant line of goodies at an expo and got to sample his delicious products. His name is K. C. Craichy, and he is the author of *Super Health: 7 Golden Keys to Unlock Lifelong Vitality*. When you meet him, it's clear that he practices what he preaches. He looks incredibly healthy and fit. It's challenging to create healthy all-in-one supplements that taste good. Many superfoods and healthy supplements taste awful and are loaded with artificial sweeteners, toxic chemicals, sugar, and colors. This is not the case with LivingFuel. You simply mix the powder products with water to get hundreds of essential nutrients, minerals, and antioxidants. This is a great product to take daily as a complete or balanced meal or right before working out, like I do, or just because it supplies you with all the right nutrients for good health. It is an all-organic/non-GMO, nutrient-rich whole food. LivingFuel offers a delicious chocolate bar called CocoChia made with chia seeds (yes, just like the Chia Pet from the 1980s), which are high in omega-3 essential fatty acids and very healthy for you. This chocolate bar is scrumptious. I'm not kidding. I hide them from my husband whenever we get a case. Another product they make is coffee, a safe and pure kind called SuperCoffee. It comes in a dropper bottle and you mix it with hot water. I'm totally serious. This is the freshest-tasting coffee I've ever had, and I take it with me whenever I travel. Their SuperEssentials Omega is an excellent source of vitamins A and D. I like this product because it also contains vitamin E, omega-3s, and the amazing antioxidant called astaxanthin.

Metametrix Clinical Laboratory

www.metametrix.com

800-221-4640

They have a large selection of excellent tests, and I find their GI Effects Complete test to be the very best when it comes to convenient stool testing for digestive problems like celiac disease, irritable bowel syndrome, and liver or pancreatic problems. They also offer tests to measure PCBs, phthalates, and porphyrins (this is very hard to find).

Metabolic Maintenance

www.metabolicmaintenance.com

800-772-7873

This company makes a full line of vitamin and herbal products using vegetarian capsules. They use active forms of vitamins in many cases. One of their products, Brain Cell Support, is a combination of natural herbs and amino acids that improves memory, cognitive function, and mood. Another good product for diabetes is DIM Complex, which helps reduce estrogen load in the body. If you find that you are deficient in one or two B vitamins, their B complex is a great supplement.

Nature Made

www.naturemade.com

800-276-2878

This line of supplements is sold widely at pharmacies and health food stores. Nature Made pays attention to quality and has a complete line of products called Rx Essentials. This specialty line is devoted to combating the drug mugging effect of medicine. They have formulas that help replenish lost nutrients if you happen to take heartburn medicines, statin cholesterol drugs, arthritis meds, antidepressants, or diabetes medicines.

Nordic Naturals

www.nordicnaturals.com

800-662-2544

This fresh and pure line of essential fatty acids (EFAs) was brought to the United States by a Norwegian man who was looking for high-quality fish oil and cod liver oil. He was accustomed to having these at his disposal in Norway, but when he moved here, it posed a challenge. So he formed his own company and is committed to quality and purity. He has dedicated his life to producing incredibly high-quality fish oils, which he sometimes combines with other wonderful ingredients like coenzyme Q10. Fish oils, however, are the foundation of the product line, which I have taken and enjoyed for many years. EFAs are not mugged by drugs, so there is no chapter on them. We don't make our own EFAs, but we still need them for good health. These fish-derived substances offer profound health benefits, including healthy cell membrane function and improved brain function and mood. They are also a powerful anti-inflammatory and can help with arthritis better than some medications can. There are many research studies on this topic available at the company's Web site. You can find this exceptional line at most health food stores and online.

Nutraceutical

www.solaray.com

800-669-8877

Solaray products are sold at most health food stores. They make a number of products, including a full line of B vitamins, minerals, antioxidants, and specialty products. I recommend their vitamin B₁₂, folic acid 800 mcg, and calcium citrate supplements.

Nutrex Hawaii

www.nutrex-hawaii.com

800-453-1187

This Hawaii-based company makes natural astaxanthin. That's a big word for a powerful antioxidant that is much more effective than vitamins E and C put together. Many who subscribe to my free newsletter or read my syndicated column know that I like astaxanthin. It's so helpful to so many people. It can improve vision, reduce

arthritis, help control blood sugar, and unclog arteries. It comes from marine algae and is red. It actually puts the pink in flamingos and the red in lobsters! The makers have promised my readers a 25 percent discount on all orders as preferred customers for reading this book. Use coupon code 24. Nutrex Hawaii makes a wonderful superfood that contains spirulina, a blue-green algae from the sea that's loaded with nutrients, especially important minerals. If you take a drug mugger that robs you of beta-carotene, iron, or calcium, consider the fact that spirulina contains 3,900 percent more beta-carotene than carrots, 2,300 percent more iron than spinach, and 300 percent more calcium than milk. Spirulina is superfood for humans, not just sea critters. I think everyone should take astaxanthin and spirulina for good health even if they are not being mugged by a drug.

Pure Encapsulations

www.purecaps.com

800-753-2277

Pure Encapsulations only sells their products to licensed health-care providers, so you won't find this line at your health food store. Your doctor or other health-care practitioner can fax in his or her license to obtain products for you. Chiropractors, nurses, pharmacists, acupuncturists, or any other licensed provider can also obtain them for you, not just MDs. They are also sold online. Pure Encapsulations has a very high standard, and their supplements are sold internationally.

Solgar

www.solgar.com

877-765-4274

Solgar products are sold at most health food stores in dark amber glass bottles. The product line is vast, with supplements from A to Z. This is an affordable, easy-to-find brand if you want to shop at your local health food store.

SpectraCell Laboratories

www.spectracell.com

800-227-5227

This laboratory sells blood test kits that you take to your local lab or physician's office. The tests measure specific nutrients through lymphocytes and show intracellular function for the past 4 to 6 months. Traditional blood tests measure an instant in time, and that snapshot is usually misleading. SpectraCell also measures levels of important fatty acids. SpectraCell tests are so comprehensive that they can tell you exactly what nutrient you are deficient in. I didn't believe it at first, so I tried it myself and now I'm a believer. I found that I had been suffering the drug mugging effects of those hazelnut lattes Sam whips up for me.

If you only do one blood test a year, do a SpectraCell analysis. There are various tests available. The FIA 5000 will check your levels of vitamin D, all of your B vitamins, calcium, magnesium, selenium, zinc, CoQ10, and glutathione.

You'll have to ask your doctor or practitioner to fax in his or her license to order their test kits for you.

Sunfood

www.sunfood.com

888-729-3663

One of this company's most interesting products is Ocean's Alive Marine Phytoplankton. This is concentrated raw food containing phytoplankton straight from the ocean. You get amazing nutritional benefits from superfoods like this. It's basically microalgae that contain 90 ionic and trace minerals without a lot of sodium. It's purified, so don't worry, and comes from a controlled ocean environment where it is carefully manufactured for human consumption. The intense chlorophyll content in this product detoxifies your body, chelates heavy metals, sends fuel to your muscles, and increases energy, heart health, and clarity. It gets right into your brain and improves functioning. While it does not contain a large amount of magnesium, the combination of all the minerals together in their live forms is perfect. I put a dropperful in water each day. It's completely tasteless.

Thorne Research

www.thorne.com

800-228-1966

Thorne offers a full range of herbal products using active and standardized ingredients without the lubricant magnesium stearate. They also sell vitamins, with an emphasis on men's and women's formulas and B vitamins; minerals; and medical foods for people with celiac disease or other digestive problems. Many of Thorne's products are available by phone or online. They are sometimes sold at holistic pharmacies, health food stores, and doctors' offices. One of their specialty products, Deprolift, is an herb and vitamin combination used to boost mood and ease depression. I also like a fiber product called Arabinex, which comes from the larch tree. It improves gastrointestinal function. Fibrovive is helpful for people with muscle pain, muscle atrophy, or fibromyalgia. The company also makes various vitamin B formulas that contain the active forms of B₆ (P5P) and folic acid (5-MTHF). Most of the products offer body-ready, usable, active ingredients like these, and I appreciate that they combine the nutrients in an intelligent way using high-quality salts or amino acid chelates.

Turtle Mountain

www.sodeliciousdairyfree.com

866-388-7853

The So Delicious line of foods is produced by Turtle Mountain. They make many delicious products, all free of many common allergens, especially dairy foods. It's a challenge to find healthy novelty items and desserts that taste really amazing. I'm impressed with their products. I recommend their cultured coconut milk yogurts

because they're rich in probiotics and calcium and are dairy free, soy free, and just plain yummy. One arm of their frozen dessert line, Purely Decadent, is made with coconut milk and is dairy free, soy free, and sweetened with natural agave syrup, something people with diabetes can have. If you have children, look for their Kidz pops in fudge and fruit flavors. They are free of the eight most common food allergens.

Vitamin Code

www.thevitamincode.com

866-465-0051

Vitamin Code vitamins were created by Jordan Rubin using whole food extracts. When you consume raw foods like fruits, vegetables, nuts, and seeds, you are getting the vitamins, minerals, probiotics, enzymes, and phytonutrients in their most potent, unadulterated forms. Many experts believe that heating foods results in the loss of many nutrients and that whole food supplements give you nutrients most like what is present in nature. Your body can easily assimilate the nutrients into your bloodstream and maximize their potential. This product line caters to men and women, providing each with a comprehensive multivitamin.

Wakunaga of America

www.kyolic.com

800-421-2998

This company produces a fantastic brand of aged garlic, which is helpful for diabetes, heart disease, cholesterol, inflammation, and digestive problems. Aged garlic helps you fend off infections, improve circulation, lower cholesterol, and deal with cardiovascular problems. You name it, Wakunaga makes a garlic combination product for you. I appreciate their attention to detail and the fact that they use an active and standardized form of garlic. When you buy garlic, you want it to be active. They've also found a way to make it odorless. I like several of their products, including Kyo-Dophilus, a chewable probiotic that kids can take. Kyolic products are sold at most health food stores.

World Nutrition

www.energeticnutrition.com

888-501-3344

Vitalzym is a unique blend of enzymes. It contains various digestive enzymes, which break down food, as well as serrapeptase, which eats clots, cysts, and other gunk in your body. It homes in on problem areas (for example, fibroids or arthritic joints) and reduces inflammation. In addition, Vitalzym contains bromelain and papain (to reduce inflammation) and Indian gooseberry, which is a source of vitamin C and is great for your hair. As if that isn't good enough, Vitalzym contains rutin, a flavonoid that strengthens capillaries and connective tissue. It helps protect blood

vessels, reduce dark under-eye circles, and protect against viruses. It may also help with dozens of inflammatory and autoimmune conditions. The dosage varies based on your problems, but in general you should take Vitalzȳm on an empty stomach 45 minutes to an hour before eating, or 2 hours after eating.

Xymogen

www.xymogen.com

800-647-6100

This is a high-quality nutraceutical company that uses active B vitamins in their formulas, as well as amino acid mineral chelates and easy-to-swallow capsules. Xymogen products are manufactured in an FDA-certified laboratory and are high quality. The products are sold through physicians' offices or to licensed health-care providers. You can buy their products online as well.

ZRT Laboratory

www.zrtlab.com

866-600-1636

The founder of ZRT Laboratory is David Zava, PhD, a leading authority on hormones and coauthor of several excellent books, including *What Your Doctor May Not Tell You about Breast Cancer*. I've met him, and he is very genuine about helping you get in the driver's seat of your own health. That's why he puts you in charge of getting your lab tests done, tests that will provide insight into your cells.

ZRT can do saliva testing and/or blood spot testing (a finger stick is all you need) to determine accurate levels of hormones such as estrogen, estrone, testosterone, DHEA, vitamin D, cortisol, PSA, SHBG, and many others. I really like this company because they sell directly to you and their tests are a cinch. You just collect saliva or do a little finger blood test, and you can see exactly what's going on in your body.

Just go to the Web site, look at the symptom checklist, and decide which kit is right for you. Their staff is sometimes available by phone, but most people can navigate their site with ease. The test kits are sent to your home with very specific instructions. Read them twice to make sure you do everything right. You mail back your samples in a prepaid envelope, and in a couple of weeks, ZRT sends you back boatloads of great health information that you can share with your practitioners.