

Welke geneesmiddelen remmen de opname van vitaminen ?

Type of Drug	Name Brand Examples	Nutrients Depleted
Antacids	Pepcid, Tagemet, Zantac	Vitamin B12, Folic Acid, Vitamin D, Calcium, Zinc.
	Prevacid, Prilosec	Vitamin B12
Antibiotics	General Amino glycosides (gentomycin, neomycin, streptomycin), cephalosporin's, penicillin's	B vitamins, Vitamin K, Friendly beneficial Intestinal bacteria
	Tetracycline's	Calcium, Zinc, Magnesium, Iron, Vitamin B12, Folic Acid
Anti-Diabetic Drugs	Dymelor, Micronase, Tolinase	Coenzyme Q10
	Glucophage	Coenzyme Q10, Vitamin B12, Folic Acid
Antidepressants	Adapin, Aventyl, Elavil, Tofranil, Pamelor, Sinequan, Norpramin	Vitamin B12, Coenzyme Q10
Anti-Inflammatories	Aspirin & salicylates	Vitamin C, Folic Acid, Iron, Potassium
	Advil, Aleve, Anaprox, Dolobid, Feldene, Lodine, Motrin, Naprosyn, Orudis, Relafen	Folic Acid
	Betamethasone, Cortisone, Dexemethasone, Hydrocortisone, Methylprednisolone, Prednisone	Vitamin C, Folic Acid, Calcium, Magnesium, Potassium, Selenium, Zinc
Cardiovascular Drugs	Apresoline	Vitamin B6, Coenzyme Q10
	Catapres, Aldomet	Coenzyme Q10
	Corgard, Inderal, Lopressor, Betapac, Tenormin, Sectral, Blocadren	Magnesium, Potassium, Zinc, Coenzyme Q10, Sodium
Cholesterol Lowering	Lescol, Lipitor, Mevacor,	Coenzyme Q10

Agents	Zocor, Pravacol	
	Colestid, Questran	Vitamin A, B12, D, E, K, Beta-carotene, Folic Acid, Iron
Ulcer Medications	Tagamet, Pepcid, Acid, Zantac	Vitamins B12, D, Folic Acid, magnesium, Zinc
	Prevacid, Prilosec	Vitamin B12, Protein
Hormone replacement Therapy (HRT)	Evista, Prempro, Premarin, Estratab	Vitamins B2, B6, B12, C, Folic Acid, Magnesium, Zinc
Oral Contraceptives	Norinyl, Ortho-Novem, Triphasil, etc	Vitamins B2, B3, B6, B12, C, Folic Acid, Magnesium, Selenium, Zinc

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