

## News from Good Life

At Good Life Pharmacies, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.



Sincerely,  
Jim Andreesen, R.Ph., Angie Svoboda, Pharm.D. FIACP, and Ray Scott, R.Ph

## Drug-Induced Nutrient Depletion Correct the Deficiency and Improve Your Life!

Common prescription and over-the-counter medications can deplete your body of vital nutrients which are essential to your health. This drug-induced nutrient depletion (DIND) can be life-changing, and even life-threatening! Nutrient depletion can lead to fatigue, anxiety, depression and insomnia.



And even worse – widely-prescribed statins, which are used to reduce cholesterol, deplete coenzyme Q10 (CoQ10). Lack of CoQ10 can weaken the heart and result in left ventricular failure. To treat this problem, drugs known as beta-blockers are prescribed, which can cause more adverse effects. This is an example of how DIND is often not considered as a cause of a symptom or side effect, and therefore instead of treating the nutrient deficiency, more drugs are prescribed.

Here are other common examples of DIND:

- Diuretics used to treat high blood pressure can drain deplete water-soluble nutrients, including B vitamins and minerals such as magnesium, sodium, potassium and zinc.
- Metformin is prescribed to lower blood sugar in people with diabetes, but it also reduces levels of vitamin B12 and folic acid.
- Antacids, histamine-2 receptor antagonists (H2 blockers like ranitidine) and proton-pump inhibitors (PPIs like omeprazole) are commonly used to treat heartburn, gastro-esophageal reflux disease (GERD) and peptic

ulcers. These cause a reduction of stomach acid which impairs the breakdown of food and hinders nutrient absorption.

Now the GOOD NEWS! With accurate information (which may require laboratory testing for certain vitamins or minerals), you can avoid nutrient depletion and the resulting side effects, or replace deficient nutrients. And, you may be able to control or prevent chronic diseases such as diabetes, cardiovascular disease and osteoporosis. Don't randomly start taking supplements – seek professional advice and use quality supplements recommended by our knowledgeable pharmacist.

*References:*

<https://nutritionreview.org/2016/12/practical-guide-avoiding-drug-induced-nutrient-depletion/>

<http://www.naturemade.com/~media/Images/NatureMade/PDF/Health%20Care%20Professionals/HCP%20Updates%20042315/Common%20Drug%20Classes%20and%20Nutrient%20Interactions%20Chart%20FNL.ashx>

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