

The chart below primarily includes nutrient depletions for which evidence from systematic reviews, meta-analyses, and randomized, double-blind, placebo-controlled human trials was available. See the white paper for a full review of literature on the nutrient depletions associated with common pharmaceuticals.

For more information on the research process and the classes of evidence, see the Fullscript Research Process.

Pharmaceutical	Class of drug	Nutrient depleted	Recommended dosage	Class of evidence
<b>Acetaminophen/ Hydrocodone</b> Vicodin, Norco	<b>Pain</b> Narcotic, Anti-Inflammatory	<b>Glutathione</b>	<b>NAC - FDA approved protocol</b> <b>Loading phase:</b> 0.14 to 0.16 g/kg up to 17 doses. <b>Maintenance dose:</b> 0.069 to 0.083 g/kg	<b>B</b>
<b>Albuterol</b> Ventolin, Proventil	<b>Breathing</b> Bronchodilator	No significant depletions confirmed. See white paper for details.	N/A	N/A
<b>Amlodipine</b> Norvasc	<b>Blood Pressure</b> Calcium Channel Blocker	No significant depletions confirmed.	N/A	N/A
<b>Atorvastatin</b> Lipitor	<b>Cholesterol</b> Statin	<b>Coenzyme Q10</b>	<b>CoQ10:</b> 50-200 mg/day	<b>B</b>
<b>Gabapentin</b> Neurontin, Neuraptine	<b>Neuropathy, Pain</b>	<b>Folic Acid</b>	<b>Folic Acid:</b> 400 mcg/day	<b>B</b>
<b>Insulin Glargine Injection</b> Lantus Solostar	<b>Diabetes</b> Insulin analogue	<b>Magnesium</b>	<b>Magnesium:</b> 336 mg/day for 3 months	<b>B</b>

**To access the white paper and PDF version of this document visit:**  
[fullscript.com/blog/nutrient-depletions](https://fullscript.com/blog/nutrient-depletions)

**Note:** The information provided in this chart is based on a review of literature available at the time of publication. While the content is considered to be accurate at the time of publication, new or updated research released after the publication date may impact the accuracy of the information. Please use your discretion when using this resource.

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<b>Levothyroxine</b> Levothroid, Synthroid	<b>Thyroid</b> Synthetic Thyroxine	No significant depletions confirmed.	N/A	N/A
<b>Lisinopril</b> Prinivil, Zestril	<b>Blood Pressure</b> ACE Inhibitor	<b>Zinc</b>	<b>Zinc:</b> 11 mg/day for men & 8 mg/day for women	<b>A</b>
<b>Metformin</b> Glucophage XL, Gluformin	<b>Diabetes (biguanide)</b> Hepatic Glucose Reducer	<b>Vitamin B12</b>  <b>Vitamin B9</b>	<b>Vitamin B12:</b> 1000 mcg/day sublingual <b>Folic Acid:</b> 5 mg/day	<b>B</b>  <b>B</b>
<b>Metoprolol</b> Lopressor, Toprol-XL	<b>Blood Pressure</b> Beta-blocker	No significant depletions confirmed. See white paper for details.	N/A	N/A
<b>Omeprazole</b> Prilosec, Zegerid	<b>Acid-Reflux</b> Proton Pump Inhibitor	<b>Magnesium</b>  <b>Vitamin B12</b>  <b>Calcium</b>  <b>Iron</b>	<b>Magnesium:</b> 250–300 mg/day  <b>Vitamin B12:</b> 1000–2000 mcg/day  <b>Calcium:</b> 500–1000 mg elemental calcium (carbonate, citrate) three times/day  <b>Iron:</b> 105–210 mg/day elemental iron	<b>A</b>  <b>C</b>  <b>C</b>  <b>C</b>
<b>Rosuvastatin</b> Crestor	<b>Cholesterol</b> Statin	<b>Coenzyme Q10</b>	<b>CoQ10:</b> 50–200 mg/day	<b>A</b>

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