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**Subject:** Spotlight on Helping Patients Prevent Nutrient Depletion From Medications

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Family Medicine SmartBrief

News for family physicians and health care professionals

SPOTLIGHT



AMERICAN ACADEMY OF  
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## Spotlight on Nutrient Depletions From Common Medications

Nutrient depletion from medications is a significant problem in the US. Several of the most common medications are associated with nutrient deficiencies, and the nation is already in a nutrition crisis. Family physicians can help avoid depletions by staying up to date on nutrient depletions and by educating their patients. Read more below.

### FEATURED SECTION

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### Avoiding Nutrient Depletion From Common Medications



*Nutrient depletion from medications is a serious and growing problem in the US. Many Americans are on prescription medications, and several of the most common are associated with nutrient losses. SmartBrief spoke with Pharmavite, makers of Nature Made vitamins, VP of Science and Technology, Susan Hazels Mitmesser on why it's important to be aware of these depletions and how family physicians can help.*

**How many people are on medications today and what are the implications for possible nutrient deficiency?**

Fifty-five percent of Americans take a prescription medication regularly. Those on prescription drugs are taking four medications on average, and many are taking OTC products. There is a high probability of nutrient losses or nutrient depletions with some common medications, as well as the potential for interactions with other medications and/or dietary supplements. [Read the full article.](#)



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## ADDITIONAL RESOURCES

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### Potential Drug-Nutrient Depletions

MEDICATION TYPE	POTENTIAL DRUG-NUTRIENT DEPLETIONS
Acid Suppressing Medications & Antacids	Magnesium, Vitamin B <sub>12</sub>
Antibiotics	B vitamins (B <sub>1</sub> , B <sub>2</sub> , B <sub>6</sub> , B <sub>12</sub> , Folic Acid)
Oral Contraceptives	Folic Acid, Vitamin B <sub>6</sub> , Magnesium
Blood Pressure Medication	CoQ10 (Beta Blockers), Potassium (Calcium Channel Blockers), Zinc (ACE Inhibitors)
Cholesterol Lowering Medications	CoQ10, fat soluble vitamins (A, D, E, K)
Diabetes Medications	Folic Acid, Vitamin B <sub>12</sub>
Corticosteroids	Calcium, Magnesium

People who take prescription medications may be more likely to have reduced levels of certain nutrients. With nearly 55% of Americans on at least one prescription drug; and nearly 22% on three or more prescription drugs,<sup>1</sup> your patients may potentially experience a nutrient depletion.

Some of the most common medications taken today may cause nutrient depletions, including: Statins, Antacids, Antidepressants, Oral Contraceptives, Antibiotics and Oral Hypoglycemics. [More information on Drug-Nutrient Depletions and Interactions here.](#)



### Drug-Nutrient Depletions & Interactions Resources

As a Family Physician and healthcare provider, it's important to be aware of drug-nutrient depletions (DND) and drug-nutrient interactions (DNI). Below are some resources on DND and DNI.

- [Booklet: Common Drug Classes, Drug-Nutrient Depletions, & Drug-Nutrient Interactions](#)
- [Quick Glance: Common Drug Nutrient Depletions & Interactions](#)



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## RELATED NEWS FROM SMARTBRIEF

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### Research suggests vitamin D may be beneficial for children with obesity

Vitamin D supplementation was associated with reduced fat mass and body mass index and an increased HDL cholesterol level at one year among children with overweight and obesity, compared matched controls on placebo, according to a study presented at the European Society for Paediatric Endocrinology annual meeting. Greek researchers evaluated data on 220 children with a mean age of 10 and found no differences in HbA1C, insulin resistance or arterial blood pressure between the groups.

[Healio \(free registration\)/Endocrine Today](#) (10/1)



### Malnourished children may benefit from high-dose vitamin D supplements

A study in the American Journal of Clinical Nutrition found severely malnourished children aged 6 to

58 months who received high-dose vitamin D supplements had a clinically significant weight gain of 0.26 kilograms on average after eight weeks, compared with those who received placebo. The proportion of children who had delayed motor development, delayed global development and delayed language development was also substantially reduced in the group receiving vitamin D supplements, the study showed.

[Deccan Chronicle \(India\)/Asian News International](#) (5/2), [Hindustan Times \(India\)](#) (5/2)



### Diet quality tied to frailty in older adults, study shows

Spanish researchers found that older adults whose diets had the lowest amounts of vitamins B6, C and E were more likely to develop frailty than those who consumed foods rich in these vitamins. The findings in *Age & Ageing*, based on 1,643 adults ages 65 and older, showed that those who developed frailty were more likely to be obese, had a higher frequency of chronic health problems such as diabetes, heart disease and stroke, spent more time watching television, and were more likely to be women, older and less educated.

[Reuters](#) (8/23)



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## COMPANY PROFILE

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Nature Made<sup>®</sup>, manufactured by Pharmavite, has developed quality vitamins, minerals and supplements for more than 45 years. Nature Made adheres to strict manufacturing standards and was the first national supplement brand to have a product verified by United States Pharmacopeia (USP), and Nature Made is the national supplement brand with the most products carrying the USP Verified Mark—verification that products meet stringent quality criteria for purity and potency. Visit [our website](#) for more information.

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