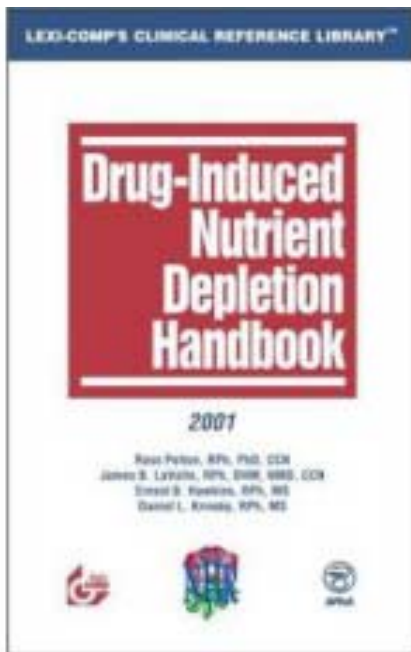


# Drug-induced Nutrient Depletions

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These are just three of the most common medications on the market today. This is a list of their side-effects on nutrient depletions.

- **Aspirin** – B6, B2, Vitamins C & D, Folic Acid, Iron and Potassium
- **Birth Control Pill** – B1, B2, B3, B6, B12, Vitamin C, Calcium, Folic Acid, Magnesium and Zinc
- **Antacid** – B1, Vitamin A, Copper, Folic Acid, Iron, Phosphorus



According to the Drug-Induced Nutrient Depletion Handbook, every prescription drug ever made will cause specific nutrient depletions. That means drugs like Ritalin, Prozac, Adderall, Strattera will cause nutrient depletions that may in fact have the same side-effects you are medicating.

<http://www.resultsproject.net/Causes.pdf> Some of the depletions on this link, may be traced back to your medications.

To look up nutrient depletions by your drugs click this link:  
[http://www.resultsproject.net/depletions\\_by\\_drugs\\_reference.html](http://www.resultsproject.net/depletions_by_drugs_reference.html)

**Note:** Your doctor is responsible for these depletions from any medications prescribed to you or your children.

Responsible means if the doctor prescribes medication, the nutrients that are depleted by those medications are the doctor's responsibility. The doctor should recommend nutrients to replete what his medications depleted.

Responsible also means the doctor can be held accountable, if the doctor is informed in writing that his prescriptions can cause nutrient depletions.

# Aspirin - Nutrient Depletion and its Symptoms

- **B2** – red eyes, skin lesions, dizziness, hair loss, inability to sleep, sensitivity to light, poor digestion, anemia, nerve disease
- **B6** – anemia, seizures, headaches, nausea, dry & flaky skin, sore tongue, cracks on mouth, vomiting
- **Vit. C** – poor wound healing, bleeding gums, easily bruised, nosebleeds, lack of energy, susceptibility to infection, scurvy
- **Vit. D** – In Infants: irreversible bone deformities, In children: rickets, delayed tooth development, weak muscles, softened skull, In adults: osteoporosis, osteomalacia, hypocalcemia
- **Calcium** – muscle spasms, rickets, osteoporosis & osteomalacia
- **Folic Acid** – Anemia, irritability, weakness, sleep disturbances, pallor, sore & reddened tongue
- **Iron** – Anemia, dry coarse hair, dysphasia, dizziness, fatigue, hair loss, cracked lips or tongue, nervousness and slowed mental response.
- **Potassium** – Dry skin, acne, chills, diarrhea, impaired cognitive function, muscle spasms, arrhythmia, edema, glucose intolerance, insomnia, elevated cholesterol, decreased blood pressure

*“You can’t treat one symptom with a medication that will in turn cause 10 more symptoms and ever get ahead. If you are not using integrative medical nutrient therapy with all of your medications, you can expect the symptoms to outnumber the treatment.” Reg McDaniel, MD.*