



# Cardiovascular Drugs and Potential Nutrient Deficiency

Common medications, including over-the-counter drugs, can potentially deplete the body of vital nutrients. The following table provides a list of some commonly prescribed medications for cardiovascular conditions, along with the nutrients most at risk of depletion.

| Medication                                | Nutrients at Risk  |
|---|--|
| <b>Cardiac Glycosides</b>                 | Calcium<br>Magnesium<br>Phosphate<br>Thiamine  |
| <b>Beta Blockers</b>                      | CoQ10<br>Melatonin   |
| <b>Thiazide Diuretics</b>                 | CoQ10<br>Magnesium<br>Phosphate<br>Potassium<br>Sodium<br>Zinc   |
| <b>Loop Diuretics</b>                     | Calcium<br>Magnesium<br>Potassium<br>Pyridoxine<br>Sodium<br>Thiamine<br>Vitamin C<br>Zinc                 |
| <b>Potassium Sparing</b>                  | Calcium<br>Folic acid<br>Zinc  |
| <b>Miscellaneous (Chlorthalidone)</b>     | Magnesium<br>Phosphate<br>Potassium<br>Sodium<br>Zinc  |
| <b>ACE Inhibitors</b>                     | Sodium<br>Zinc   |
| <b>ARB</b>                                | Zinc   |
| <b>Centrally-Acting Antihypertensives</b> | CoQ10  |
| <b>HMG-CoA Reductase</b>                  | Carnitine<br>Copper<br>CoQ10<br>Essential Fatty Acids (EFAs)<br>Selenium<br>Vitamin D<br>Vitamin E<br>Zinc |
| <b>Metformin</b>                          | CoQ10<br>Folic acid<br>Vitamin B12   |

**Source:**

Sinatra ST, Houston MC, LaValle JB. *Nutritional and integrative strategies in cardiovascular medicine*. Boca Raton, FL: CRC Press/Taylor & Francis Group; 2015:369-404.