



Cardiovascular Drugs and Potential Nutrient Deficiency

Cardiovascular drugs, particularly statins, blood pressure medications, and anticoagulants, can lead to nutrient deficiencies.

- **Statins** (e.g., Atorvastatin, Simvastatin):
 - **Potential Nutrient Deficiency:** Coenzyme Q10 (CoQ10) – Statins inhibit the body's production of CoQ10, an antioxidant critical for heart health and energy production.
 - **Solution:** Supplementing with CoQ10 may help counteract the deficiency and support cardiovascular function.
- **Blood Pressure Medications** (e.g., Diuretics, ACE inhibitors):
 - **Potential Nutrient Deficiency:** Magnesium, potassium, calcium, and sodium.
 - **Solution:** Patients on diuretics should ensure adequate intake of magnesium, potassium, and calcium through food or supplements.
- **Anticoagulants** (e.g., Warfarin):
 - **Potential Nutrient Deficiency:** Vitamin K (antagonized by warfarin), which is essential for blood clotting.
 - **Solution:** Monitor intake of vitamin K-rich foods (e.g., leafy greens) and adjust dosage as recommended by a healthcare provider.