

Common Medications and Associated Nutrient Deficiencies

Medication	Generic and Brand Names	Associated Nutrient Deficiencies
Tylenol (APAP, acetaminophen)	<ul style="list-style-type: none"> • APAP • Acetaminophen 	<ul style="list-style-type: none"> • Glutathione (GSH)
Valproic Acid		<ul style="list-style-type: none"> • Vitamin K • Calcium • Folate • Inositol • L-Carnitine • Niacin • Selenium • Zinc
SSRIs	<ul style="list-style-type: none"> • Fluoxetine (Prozac) • Fuvoxamine (Luvox) • Sertraline (Zoloft) • Paroxetine (Paxil) • Escitalopram (Lexapro) • Citalopram (Celexa) 	<ul style="list-style-type: none"> • CoQ10
Antipsychotics (risperidone) (Risperdal) Lithium Aripiprazole (Abilify)	<ul style="list-style-type: none"> • Risperidone (Risperdal) • Lithium • Aripiprazole (Abilify) 	<ul style="list-style-type: none"> • CoQ10 • Folate • Inositol • Vitamin D • Iron • B2