



**ELITE**

Personal Training and Fitness Solutions

# HEALTH TIP OF THE WEEK

## 10/25 - Drug and Nutrient Interaction

**If you regularly take medication, either prescription or over-the-counter, you should be aware that several drugs are nutrition robbers**

Let's say you're doing everything you can to eat right. That's great. Keep up the good work.

Let's also say that you're taking a vitamin and mineral supplement to be "extra healthy". You may think you have all your nutritional bases covered. But do you really?

If you regularly take medication, either prescription or over-the-counter, you should be aware that several drugs are nutrition robbers.

Drug- nutrient interaction is a potentially serious problem. Some drugs remove nutrients from your body. Others prevent absorption of nutrients or impede the body's ability to convert nutrients into usable forms. Listed below are common drug classes that can interfere with nutrients the body needs to stay healthy.

Drug Class	May Interfere With
Antacids	Calcium, Copper, Folate
Antibiotics	Calcium, Magnesium, Potassium
Anticoagulants	Vitamin K
Anti-inflammatory agents	Folate, Iron, Calcium, Vitamin C, Vitamin B-12
Diuretics	Calcium, Magnesium, Potassium
Statins [cholesterol medication]	Folate, Vitamins A, K, & B-12, Co-Q10
Laxatives	Potassium, Calcium, Vitamin D, Vitamin K
Tranquilizers	Riboflavin

FOR MORE DETAILED INFORMATION ON NUTRITION, SUPPLEMENTS, OR FOOD & DRUG INTERACTIONS, PLEASE CONTACT OUR OFFICE.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

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