



262.373.1050
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Greetings!

At MD Custom Rx, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.



Sincerely,
Dan, Monica and John

Drug-Induced Nutrient Depletion Correct the Deficiency and Improve Your Life!

Common prescription and over-the-counter medications can deplete your body of vital nutrients which are essential to your health. This drug-induced nutrient depletion (DIND) can be life-changing, and even life-threatening! Nutrient depletion can lead to fatigue, anxiety, depression and insomnia. And even worse – widely-prescribed statins, which are used to reduce cholesterol, deplete coenzyme Q10 (CoQ10). Lack of CoQ10 can weaken the heart and result in left ventricular failure. To treat this problem, drugs known as beta-blockers are prescribed, which can cause more adverse effects. This is an example of how DIND is often not considered as a cause of a symptom or side effect, and therefore instead of treating the nutrient deficiency, more drugs are prescribed.



Here are other common examples of DIND:

- Diuretics used to treat high blood pressure can drain deplete water-soluble nutrients, including B vitamins and minerals such as magnesium, sodium, potassium and zinc.
- Metformin is prescribed to lower blood sugar in people with diabetes, but it also reduces levels of vitamin B12 and folic acid.
- Antacids, histamine-2 receptor antagonists (H2 blockers like ranitidine) and proton-pump inhibitors (PPIs like omeprazole) are commonly used to treat heartburn, gastro-esophageal reflux disease (GERD) and peptic ulcers. These cause a reduction of stomach acid which impairs the breakdown of food and hinders nutrient absorption.

Now the GOOD NEWS! With accurate information (which may require laboratory testing for certain vitamins or minerals), you can avoid nutrient depletion and the resulting side effects, or replace deficient nutrients. And, you may be able to control or prevent chronic diseases such as diabetes, cardiovascular disease and osteoporosis. Don't randomly start taking supplements – seek professional advice and use quality supplements recommended by our knowledgeable pharmacist.

References:

<https://nutritionreview.org/2016/12/practical-guide-avoiding-drug-induced-nutrient-depletion/>

<http://www.naturemade.com/~media/Images/NatureMade/PDF/Health%20Care%20Professionals/HCP%20Updates%20042315/Common%20Drug%20Classes%20and%20Nutrient%20Interactions%20Chart%20FNL.ashx>

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Our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. is available to discuss supplement options that could help with drug induced nutrient depletion (DIND).

SCHEDULE A CONSULTATION

UPCOMING EVENTS

Events are held at

M D Custom Rx
19035 W Capitol Dr #105
Brookfield, WI 53045

Cost: \$10 per person, per event – receive back as supplement credit the day of event. Call 262-373-1050 or register online!

REGISTER NOW for any of the following events

November 13th Event An Overview on PANS/PANDAS

With Erica Linn, M.S.N. and Sonia Hintz, R.N.

Could an infection be causing your child's symptoms?

- Anorexia
- Anxiety
- Changes in Handwriting
- Tics
- Emotional Lability
- Obsessions
- OCD
- Hyperactivity
- Depression
- Behavioral Regression
- Irritability

COULD AN INFECTION BE CAUSING YOUR CHILD'S SYMPTOMS?

ANOREXIA CHANGES IN HANDWRITING

ANXIETY

TICS EMOTIONAL LABILITY

OBSESSIONS **OCD**

HYPERACTIVITY

DEPRESSION

BEHAVIORAL REGRESSION

IRRITABILITY

DIFFICULTY CONCENTRATING

AGGRESSION/RAGE

BEDWETTING

SLEEP DISTURBANCES

SENSORY ABNORMALITIES

The infographic features a background image of a young child in a white hoodie sitting on the ground with their arms crossed, looking down. The text is overlaid on a dark, textured background.

- Difficulty Concentrating
- Aggression/Rage
- Bedwetting
- Sleep Disturbances
- Sensory Abnormalities

Tuesday, November 13th
6:30pm – 8:00pm

November 14th Event

What You Need to Know About Bone Health

Come and Learn

- Who is at risk for bone loss
- How to prevent bone loss
- How to correct bone loss

Come find out what you need to know!

Wednesday, November 14th
6:30pm – 8:00pm



December 5th Event

What You Need to Know to Manage a Healthy Gut

Come and Learn

How to take control of your

- Weight
- Mood
- Long Term Health

Come find out what you need to know!

Wednesday, December 5th
6:30pm – 8:00pm



REGISTER NOW, Space is Limited.

