THE
SOLINGER METHOD
by Root Health L.L.C.

Drug Induced Nutrient Depletion

FUNCTIONAL WELLNESS SUPPORT PLAN
Adult Drug Induced NutrientDepletion
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What Is Drug Induced Nutrient Depletion

Drug induced nutrient depletion refers to the progressive loss, impaired absorption, altered metabolism, or increased excretion of essential nutrients as a result of prescription or over-the-counter medication use. This process is cumulative and frequently misattributed to aging, disease progression, or stress rather than medication effects.

Common contributors include acid suppressants, glucose lowering medications, hormonal therapies, antidepressants, blood pressure medications, NSAIDs, corticosteroids, and antibiotics. Symptoms often emerge months or years after medication initiation.

Conventional Medicine Perspective

Conventional medicine typically views medication side effects as isolated adverse reactions and does not routinely monitor nutrient depletion unless deficiency becomes severe. Symptoms such as fatigue, neuropathy, mood changes, bone loss, or immune dysfunction are often treated as separate conditions rather than downstream effects of medication use.

Naturopathic Medicine Perspective

Naturopathic medicine recognizes drug induced nutrient depletion as a predictable biochemical consequence of long-term medication use. Medications alter digestion, absorption, enzymatic activity, transport proteins, liver metabolism, renal excretion, and mitochondrial function.

The goal is to identify depletion early, restore nutrient sufficiency, and support the body's ability to tolerate necessary medications.

Common Medication Classes and Associated Depletions

Acid suppressants are commonly associated with depletion of magnesium, vitamin B12, iron, calcium, and zinc.

Metformin is associated with depletion of vitamin B12 and folate.

Hormonal contraceptives and hormone therapies are associated with depletion of vitamin B6, magnesium, zinc, selenium, and folate.

SSRIs and other psychotropic medications are associated with depletion of magnesium, zinc, B vitamins, and CoQ10.

Diuretics and blood pressure medications are associated with depletion of potassium, magnesium, sodium, and zinc.

NSAIDs and corticosteroids are associated with depletion of vitamin C, magnesium, zinc, and collagen integrity.

Nutritional Strategy

Nutrition for drug induced nutrient depletion focuses on repletion, bioavailability, and digestive support.

Core priorities include adequate protein intake, mineral rich whole foods, micronutrient density, support for digestion and absorption, and anti-inflammatory nutrition.

Emphasize eggs, beef liver, shellfish, leafy greens, root vegetables, bone broth, fatty fish, and healthy fats to support absorption of fat-soluble vitamins.

Targeted Supplement Support

Therapeutic Adult Dosing

Magnesium Glycinate or Citrate

Supports neuromuscular, cardiovascular, and metabolic function.
Dose: 400 to 600 mg daily

Activated B Complex

Supports methylation, neurotransmitter synthesis, and cellular energy.
Dose: one capsule daily

Vitamin B12 (Methylcobalamin or Hydroxocobalamin)

Supports neurologic function and red blood cell production.
Dose: 1,000 to 2,000 mcg daily

Zinc Picolinate or Glycinate

Supports immune function, enzyme activity, and tissue repair.
Dose: 15 to 30 mg daily

Vitamin C

Supports immune resilience and tissue repair.
Dose: 1,000 to 2,000 mg daily

CoQ10
Supports mitochondrial and cardiovascular function, particularly with statins and psychotropic medications.
Dose: 100 to 200 mg daily

Electrolyte Support (When Indicated)
Supports volume status and neuromuscular stability.
Dose: individualized based on symptoms and medications

Targeted Herbal Support

Milk thistle supports liver detoxification and nutrient metabolism, 300 mg standardized extract one to two times daily.
Nettle leaf supports mineral repletion and gentle detoxification, 600 to 1,200 mg daily.
Dandelion root supports bile flow and elimination, 500 to 1,000 mg daily.

Celery Juice Support for Drug Induced Nutrient Depletion

Celery juice may support hydration, mineral intake, and liver clearance in individuals experiencing medication-related depletion.

Suggested use is 8 oz fresh celery juice daily, taken in the morning or between meals, with response guiding continuation.

Supplement Access

A complete supplement protocol for Adult Drug Induced Nutrient Depletion is available in Fullscript under **Protocols**, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters

Regular meals, adequate hydration, stress reduction, and avoidance of unnecessary polypharmacy support nutrient preservation and recovery. Medications should never be discontinued without medical guidance.

When to Dig Deeper

Further evaluation is warranted with long-term medication use, including micronutrient panels, B12 and folate status, iron studies, magnesium and potassium levels, and liver and kidney function.

Drug induced nutrient depletion improves when nutrients are restored proactively rather than reactively.

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