

Blood Pressure Medications and Nutrient Deficiencies

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I first want to give you a brief overview on how medications impact important nutrients.

HOW MEDICATIONS AFFECT NUTRIENTS

The following are a few ways that blood pressure medications can affect how our bodies absorb essential nutrients.

- The medication can attach itself to a nutrient and pass it out of the body
- The medication can alter the pH in the gut so that the nutrient can't be properly absorbed
- Some medications need specific nutrients in order for them to be able to work.

The Following are Blood Pressure Medications, Nutrients Commonly Depleted and the Negative Impact of the Deficient Nutrients

ACE INHIBITORS

Angiotensin converting enzyme inhibitors (ACE Inhibitors) are one of the most commonly used families of blood pressure medicines. Examples include; ramipril, enalapril, lisinopril, quinapril, fosinopril, trandolapril and captopril.

Nutrients that can be depleted by these medicines are **zinc, magnesium, potassium and calcium**.

Deficiencies in these nutrients can cause hair loss, slow healing of wounds, loss of taste or smell, prostate problems, loss of sex drive, frequent infections, leg cramps, weight gain, bone loss, high blood pressure, higher risk of cancer

CALCIUM CHANNEL BLOCKERS

Another commonly used family of blood pressure medicines. Examples include; amlodipine, nifedipine, felodipine, diltiazem and verapamil.

Nutrients that can be depleted by these medicines are **potassium, calcium, vitamin D and possibly Co-Enzyme Q10**.

Symptoms that can occur due to deficiencies in these nutrients are fatigue, leg cramps, frequent infections, thirst, muscle weakness, bone loss, confusion, high blood pressure, confusion, heart disease and rapid or irregular heartbeat.

BETA BLOCKERS

Examples of beta blockers include; atenolol, metoprolol, sotalol and bisoprolol.

Beta blockers can deplete the body of **Co-Enzyme Q10 and melatonin**.

Symptoms that can occur due to deficiencies in these nutrients are insomnia, disrupted sleep, increased risk of cancer, autoimmune disorders, muscle cramps, memory loss.

CENTRALLY ACTING BLOOD PRESSURE MEDICATIONS

Clonidine and methyl dopa are examples of this.

These blood pressure medications can deplete **Co-Enzyme Q10**.

Depletion of Co-Enzyme Q10 can result in fatigue, weakness, muscle and leg cramps, memory loss, frequent infection, liver damage, higher risk of heart attack, higher risk of cancer.

Conclusion

The above blood pressure medications may in fact cause nutrient deficiencies making it more important to consider supplementing with these nutrients to decrease the negative symptom consequences

IMPORTANT

Always discuss this important information on blood pressure nutrient deficiencies with your healthcare provider.

References:

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