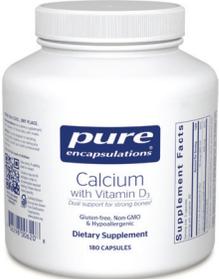


Drug-Nutrient Depletions



Some drugs have the potential to affect nutrient status in your body.

Drug-induced nutrient depletions occur when certain medications reduce your body's ability to absorb, process, store or use a nutrient. Certain supplements may help you meet your nutrient needs. Talk with your healthcare professional and/or pharmacist about what Pure Encapsulations supplements may be right for you.

Pharmacist or healthcare professional recommendation	DRUG CLASS	NUTRIENT(S) DEPLETED	WHY IT MATTERS	PURE ENCAPSULATIONS® PRODUCT
<input type="checkbox"/>	Corticosteroids	Calcium, Vitamin D	Corticosteroids may affect bone health. You may need extra vitamin D and/or calcium to help maintain healthy bones while taking these medications. ^{2†}	Calcium with Vitamin D₃ 
<input type="checkbox"/>	Thiazide Diuretics (chlorthalidone)	Potassium, Magnesium	Thiazide diuretics may cause extra potassium to be lost in the urine. They can also increase the amount of magnesium that is lost in the urine, which could increase your daily magnesium requirements. ^{3,4}	Potassium Magnesium (citrate) 
<input type="checkbox"/>	Statins	CoQ ₁₀	Cholesterol-lowering medications known as “statins” interfere with the body's production of coenzyme Q₁₀ (CoQ₁₀). CoQ ₁₀ is necessary for cellular energy production in muscles, heart and nerve cells. ^{5†}	CoQ₁₀ 120mg 

1. Among U.S. healthcare professionals surveyed who recommend specific professional supplement brands; Nutrition Business Journal® Practitioner Survey 2016, 2020, 2023.

Pure Encapsulations is a registered trademark.

†These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Pharmacist or healthcare professional recommendation	DRUG CLASS	NUTRIENT(S) DEPLETED	WHY IT MATTERS	PURE ENCAPSULATIONS® PRODUCT
<input type="checkbox"/>	NSAIDs	Folate	If NSAID medication is taken over long periods of time, be sure to obtain enough folate. For example, Ibuprofen may reduce the levels of folate in the bloodstream. ⁶	O.N.E.™ Multivitamin 
<input type="checkbox"/>	Metformin	Vitamin B ₁₂	Metformin can lower your ability to absorb vitamin B₁₂. You might need to increase the amount of vitamin B ₁₂ in your diet if you take this medication for more than a few months. ⁷	B-Complex Plus 
<input type="checkbox"/>	Proton Pump Inhibitors	Magnesium	Regular use of proton pump inhibitors may interfere with the body's ability to absorb magnesium.⁸	Magnesium Glycinate 

The list of nutrient depletions above is not exhaustive. Speak with your healthcare team to ensure you are meeting your nutrient needs.

Speak with your pharmacist or healthcare professional to learn more about what Pure Encapsulations® supplements may be right for you.

At Pure Encapsulations®, we're dedicated to providing nutritional supplements you can trust. That's why our products are formulated using high quality, pure ingredients **FREE FROM** unnecessary additives and many common allergens and backed by verifiable science. Everything you need and nothing you don't, that's goodness encapsulated.

For questions about Pure Encapsulations® products, call our Customer Service team, Monday - Friday, 9:00am - 6:30pm (EST) at 1-800-753-2277.

1. Among U.S. healthcare professionals surveyed who recommend specific professional supplement brands, Nutrition Business Journal® Practitioner Survey 2016, 2020, 2023. 2. Jehle P. Nephrology Dialysis Transplantation. 2003 May; 18(5): 861-864. doi: <https://doi.org/10.1093/ndt/gfg067>. 3. Kuller L. et al, Am J Epidemiol. 1985 Dec; 122(6):1045-59. doi: 10.1093/oxfordjournals.aje.a114186. 4. Qu H, Guo M, Chai, H. et al. J Am Heart Assoc. 2018 Oct 2;7(19). doi: 10.1161/JAHA.118.009835. 5. PDR by ConnectiveRx®, Microzide. <https://www.pdr.net/drug-summary/?drugLabelId=Microzide-hydrochlorothiazide-2130#:~:text=Hydrochlorothiazide%20has%20been%20shown%20to,treated%20with%20potassium%20chloride%20replacement>. Accessed October 14 2025. 6. PDR by ConnectiveRx®, Ibren. <https://www.pdr.net/drug-summary/?drugLabelId=Ibuprofen-Tablets-Ibuprofen-2618>. Accessed October 14 2025. 7. PDR by ConnectiveRx®, Glucophage. <https://www.pdr.net/drug-summary/?drugLabelId=Glucophage-Glucophage-XR-metformin-hydrochloride-892>. Accessed October 14 2025. 8. PDR by ConnectiveRx®, Prilosec. <https://www.pdr.net/drug-summary/?drugLabelId=Omeprazole-omeprazole-24360>. Accessed October 14 2025.



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