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DO YOU NEED VITAMINS?

DRUG / CONDITION	KEY RISKS
ALCOHOL interferes with the absorption, storage and use of all nutrients.	Liver Disease, Kidney Disease, Heart Disease/Hypertension, Brain Deterioration, Weakened Immunity, Muscle Weakness, Depression
ANTACIDS can reduce levels of vitamins A, B1 and folic acid, and calcium, iron, copper and phosphorous.	Impotence, Fatigue, Insomnia, Constipation, Brain/Nervous System Toxicity, Headache, Anemia, Osteoporosis, Cervical Cancer
DIABETES causes excessive urination and depletion of many nutrients, including B vitamins, magnesium, zinc and chromium.	Nerve Damage, Weight Gain, Fatigue, Inability to Cope with Stress, Weakened Immunity, Low Blood Sugar
DIURETICS can deplete potassium, magnesium, manganese, sodium, zinc and B2.	Muscle/Leg Cramps, Constipation, Insomnia, Heart Problems, Hair/Skin/Nail Problems
ORAL ANTIBIOTICS can deplete vitamins B2, C, D, niacin, folic acid and biotin, and the minerals calcium, magnesium, potassium, iron, and zinc.	Weakened Immunity, Severe Intestinal Problems, Fatigue, Brain Fog, Depression, Rashes, Food Intolerance, Candida
ORAL CONTRACEPTIVES , which contain estrogens, cause deficiencies in B-complex, B12, vitamin C, magnesium, zinc and CoQ10.	Weight Gain, Fatigue, Muscle Cramps, Blood Clots, Breast Cancer, Heart Disease
STRESS depletes the key vitamins and minerals that the adrenal glands need to create adrenaline and cortisone: vitamins C; B5 and B6; magnesium; potassium; and zinc.	Fatigue, Weakened Immunity, Cancer, Nerve Damage, Heart Disease, Constipation, Depression

**MANCHESTER
PARKADE HEALTH SHOPPE
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