Top 10 concomitants and supportive supplementation

This table provides an overview of common medications, their frequently prescribed concomitants, and the recommended supplement regimens to mitigate potential nutrient depletions and potentially enhance overall treatment efficacy.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. The Fullscript Integrative Medical Advisory team has developed or collected this data to help healthcare practitioners make decisions. This content is for informational purposes only, is not intended to replace your professional judgment, and may not be appropriate for every patient or situation.

Category	Common medication concomitants	Nutrient depletions	Recommended supplement regimen
Antidepressant agents	**Selective serotonin reuptake inhibitors** (escitalopram, sertraline)	Sodium (Viramontes 2016)	**Calcium citrate or malate:** 500 mg 2–3 times per day **Vitamin D3:** 400–1,000 IU per day (NIH 2024) (NIH 2023) **Multivitamin/mineral**
		Calcium (Mohn 2018)	
		Vitamin D (Mohn 2018)	
	Bupropion	Decreased nutrient intake (Liu 2024)	
Antidepressants and pain management	**Gabapentin**	Folate and vitamin B12 (Linnebank 2011)	**B-complex** with **folic acid or methyl folate:** 400–800 mcg per day (NIH 2023) **Methylcobalamin:** 500–1,000 mcg per day (NIH 2024)
	Duloxetine, amitriptyline	Sodium (Viramontes 2016)	
Cardiovascular and blood glucose regulators	**Atorvastatin**	Coenzyme Q10 (CoQ10 (Pourmoghaddas 2014)	**Ubiquinol:** 100–200 mg per day (Pourmoghaddas 2014) **Zinc citrate, bis-glycinate**, or **acetate:** 20–50 mg per day (NIH 2022) **B-complex** with **folic acid** or **methylfolate:** 400–800 mcg per day (NIH 2023) **Methylcobalamin:** 500–1,000 mcg per day (NIH 2024)
	Lisinopril	Zinc (Braun 2012)	
	Metformin	Folate and vitamin B12 (Strong 2018) (Owen 2021)	
	Aspirin	Vitamin B12 (Oijen 2004)	

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Cardiovascular and blood glucose regulators (con't)	**Lisinopril**	Zinc (Braun 2012)	**Zinc citrate, bis-glycinate,** or **acetate:** 20–50 mg per day (NIH 2022) **B-complex** with **folic acid** or **methylfolate:** 400–800 mcg per day (NIH 2023) **Methylcobalamin:** 500–1,000 mcg per day (NIH 2024)
	Amlodipine	N/A	
	Metformin	Folate and vitamin B12 (Strong 2016) (Owen 2021)	
	Metformin	Folate and vitamin B12 (Strong 2016) (Owen 2021)	**B-complex** with **folic acid** or **methylfolate:** 400–800 mcg per day (NIH 2023) **Methylcobalamin:** 500–1,000 mcg per day (NIH 2024) **Zinc citrate, bis-glycinate,** or **acetate:** 20–50 mg per day (NIH 2022)
	Sulfonylureas	N/A	
	Lisinopril	Zinc (Braun 2012)	
	Amlodipine	Magnesium (Herman 2023)	**Magnesium citrate** or **glycinate:** 300–400 mg per day (NIH 2022) **Ubiquinol:** 100–200 mg per day (Pourmoghaddas 2014) **Potassium citrate** or **bicarbonate:** 10–20 mEq per day* (Viera 2015) * Not over-the-counter dosing: Defer to the prescribing healthcare provider for monitoring.
	Atorvastatin	CoQ10 (Pourmoghaddas 2014)	
	Hydrochlorothiazide	Potassium (Herman 2023)	
	Atorvastatin	CoQ10 (Pourmoghaddas 2014)	**Ubiquinol**: 100–200 mg per day (Pourmoghaddas 2014) **Zinc citrate, bis-glycinate,** or **acetate**: 20–50 mg per day (NIH 2022)
	Lisinopril	Zinc (Braun 2012)	
	Metoprolol	N/A	
	Simvastatin	CoQ10 (Zaleski 2018)	**Ubiquinol:** 100–200 mg per day (Zaleski 2018) **Antioxidant blend** with **beta-carotene:** 30 mg per day for five weeks (IOM 2000) **D-alpha tocopherol:** 100–400 IU per day (NIH 2021) **Methylcobalamin:** 500–1,000 mcg per day (NIH 2024) **Multivitamin/mineral** with **iron:** 10–15 mg (NIH 2023) **Ascorbic acid** or **calcium-L-ascorbate:** 200–500 mg (NIH 2021)
		Beta-carotene (Vasankari 2004)	
		Vitamin E (Rasmussen 2016)	
	Aspirin	Vitamin B12 (Oijen 2004)	
		Vitamin C (Mohn 2018)	
		Iron (Mohn 2018)	
	Ezetimibe	N/A	

Category	Common medication concomitants	Nutrient depletions	Recommended supplement regimen
Gastrointestinal agents	**Omeprazole**	Vitamin C (Henry 2005)	**Liposomal vitamin C** or **calcium-L-ascorbate:** 200–500 mg per day (NIH 2021) **Methylcobalamin:** 1,000 mcg per day (sublingual) (NIH 2024) **Multivitamin/mineral** with **iron and zinc:** 10–15 mg iron and 20–50 mg zinc (NIH 2023) (NIH 2022) (Henderson 1995) **Magnesium glycinate:** 300–400 mg per day (NIH 2022) **Calcium citrate or malate:** 500 mg three times per day (NIH 2024)
		Vitamin B12 (NIH 2024)	
		Iron (Hamano 2020)	
		Zinc (Farrell 2011)	
		Magnesium (FDA 2011) (Florentin 2012)	
		Calcium (Mohn 2018)	
	Famotidine	Vitamin B12 (Miller 2018)	
	Antacids	N/A	
Respiratory tract agents	**Corticosteroids** (budsonide)	Calcium (Jehle 2003)	**Calcium citrate, malate, or microcrystalline calcium hydroxyapatite compound (MCHC):** 500–1,000 mg three times per day
		Vitamin D (Jehle 2003)	
		Potassium (George 2017)	
	Albuterol	Calcium (Mohn 2018)	**Vitamin D3:** 400–2,000 IU per day (Jehle 2003) (NIH 2024) (NIH 2023) **Potassium citrate or bicarbonate:** 10–20 mEq per day* (Viera 2015) * Not over-the-counter dosing: Defer to the prescribing healthcare provider for monitoring.
		Vitamin D (Mohn 2018)	
	Bronchodilators	N/A	

This is not intended to be an exhaustive list but a guide for common concomitant depletions. For more of a complete list, check your preferred references. For more information on forms and dosing, please refer to the Fullscript Ingredients Library.