



happy new year
BOBO GAZETTE

2023

LETTER FROM THE EDITOR

Happy New Year Everybody! I just recently learned that when humans gain one year of age per year for pups like m that isn't the case. I looked it up and I'm 28 years old. A baby born the same year as me is only 3 years old. This don't feel right to me. Anyway, we're off to a new year and we at Mind And Body Infusion Therapies wish everyone a Happy and Healthy New Year. We are committed to producing this fact informative newsletter every month with helpful health hints and facts to help everyone live their best life! This edition we will be covering Medications that can cause some vitamin depletion. Feel free to take notes. *Love, Bob*

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Medications That Can Cause Some Vitamin Depletion

Drug Class	Name Brand Examples	Nutrients Depleted
Ace Inhibitors	Lotensin, Capoten, Vasotec, Monopril, Prinivil, Univas, Accupuril, Altace, Mavik, Asceon,	Zinc
Antacids	Pepcid, Tagamet, Zantac	Vitamin B12, Folate, Vitamin D, Calcium, Iron, Zinc
Antibiotics	General Aminoglycosides, Cephalosporines, Penicillins	B Vitamins, Vitamin K, Healthy Intestinal Bacteria, Calcium, Zinc, Magnesium, Iron, Vitamin B6
Anti-Depressants	Adapin, Aventyl, Elavil, Antidep, Pamelor, Sinequan, Nopramin	Vitamin B12, Coenzyme Q-10, Folate
Anti-Diabetic Drugs	Micronase, Tolinase, Glucophage	Coenzyme Q-10, Vitamin B12, Folate
Beta Blockers	Catapres, Aldomet, Corgard, Inderal, Lopressor, Betapace	Coenzyme Q-10
Contraceptives	Norinyl, Ortho-Novum, Triphasil	Vitamin B2, B3, B6, B12, C, Folate, Healthy Intestinal Bacteria, Magnesium, Zinc
Corticosteroids	Cortone, Hydrocortone, Deltasone, Prelone, Azmacort, Medrol, Decadron, Celestrone	Vitamin C, D, Folate, Calcium, Magnesium, Potassium, Selenium, Zinc
Diuretics, Loop	Lasix, Bumex, Edecrin	Vitamins B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium
Diuretics, Thiazide	Hydrodiuril, Diuril, Zaroxolyn	Magnesium, Potassium, Zinc, Coenzyme, Q-10, Sodium
Estrogen	Premarin, Prempro, Premphase, FemHRT, Activella, Ortho-Prefest, Cenestin, Estratab, Menest, Estrace, Ortho-Est, Ogen, Estinyl	Vitamin B2, B6, C, Folate, Magnesium, Zinc



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Drug Class	Name Brand Examples	Nutrients Depleted
NSAID's	Aspirin & Salicylates, Motrin, Naprosyn, Clinoril, Feldene, Voltaren, Lodine, Orudis, Toradol, Relafen, Idocin	Vitamin C, Iron, Potassium Folate
Proton Pump Inhibitors	Aciphex, Nexium, Losec, Prevacid, Pantoloc, Protonix, Prilosec OTC	Vitamin B12
Statin Cholesterol Lowering Drugs	Lescol, Lipitor, Mevacor, Zocor, Pravachol, Crestor	Coenzyme Q-10, Magnesium, Potassium
Vasodilators, Direct	Apresoline, Loniten	Vitamin B6, Magnesium, Calcium, Potassium, Zinc, Coenzyme Q10

Disclosure: This information is intended for reference only and not to be used for diagnosis purposes. Please see your health care provider to determine any deficiencies or symptoms of deficiency.

SOME NEW YEARS RESOLUTIONS IDEAS

No matter what you choose to do for the new year, make a plan and stick to it!

1. Exercise more
2. Lose weight
3. Get organized
4. Learn a new skill or hobby
5. Live life to the fullest
6. Save more money/spend less money
7. Quit smoking
8. Spend more time with family & friends
9. Travel more
10. Read more
11. Plan a regular date night with your significant other
12. Be more patient
13. Put aside some "me" time
14. Quit drinking
15. Spend less time texting
16. Pay forward to a stranger
17. Use your coupon and get an infusion!

Pick a number and next year we will review to see how you did!



\$10 Off Coupon
Optimal Health Infusion
January 2023