

Nutrition Depletion For Proton Pump Inhibitors



Potential Health Problems:

- Proton Pump Inhibitor use is associated with low magnesium levels.¹ Magnesium deficiency may cause fatigue and muscle weakness.³
- Long-term Proton Pump Inhibitor use may deplete Vitamin B12 and cause anemia.^{2,4}
- Using Proton Pump Inhibitors could decrease bone density, increasing the risk of bone fracture.^{5,6}

Depleted Nutrients:

- ✓ Magnesium
- ✓ Vitamin B12

Recommendations:

- Take a magnesium supplement. Magnesium is needed to produce energy and it helps your muscles work properly. It also helps you maintain your blood sugar, blood pressure and normal heart rhythm. Recommended daily dosing is 320 mg for female adults and 420mg for male adults.
- Take a Vitamin B12 supplement. Vitamin B12 keeps your blood cells healthy and prevents you from developing anemia, which makes you feel tired and weak. Adults need at least 2.4 micrograms of Vitamin B12 daily.

**10% OFF ANY STRENGTH OF
HEALTH MART MAGNESIUM
& VITAMIN B12**

National Institute of Health. Office of Dietary Supplements. <https://ods.od.nih.gov/>

¹Food and Drug Administration (FDA) (2011). FDA Drug Safety Communication: Low Magnesium levels can be associated with long-term use of proton pump inhibitor drugs (PPIs). Silver Spring, MD: U.S. Food and Drug Administration. Available at: <http://www.fda.gov/drugs/drugsafety/ucm245011.htm>

²Heidelbaugh J. Proton Pump inhibitors and risk of vitamin and mineral deficiency: evidence and clinical implications. Ther Adv Drug Saf. 2013; Jun; 4(3): 125-133. Doi:10.11772042098613452484

³Martin LJ, MD. Low magnesium level. MedlinePlus. Retrieved June 7, 2018, from <http://medlineplus.gov/ency/article/000315.htm>

⁴Nagao T. and Hirokawa M. Diagnosis and treatment of macrocytic anemias in adults. J Gen Fam Med. 2017 Oct;18 (5): 200-204.

⁵Food and Drug Administration (FDA) (2010). FDA Safety communication: possible increased risk of fractures of the hip, wrist, and spine with the use of proton pump inhibitors. Silver Spring, MD: U.S. Food and Drug Administration. Available at: <http://www.fda.gov/Drugs/DrugSafety/postmarketdrugssafetyinformationforpatientsandproviders/ucm213026.htm#TableofEpidemiologicalStudiesevaluatingfractureriskwithprotonpumpinhibitors>

⁶Hansen KE, Jones AN, Lindstrom MJ, et al. Do proton pump inhibitors decrease calcium absorption? J Bone Miner Res. 2010;25(12):2786-2795.

