

Interactions between Pharmaceuticals and Biofactors

| Medication | Minerals | Vitamins | Influence on the Homocystein-level | Advice for Supplementation* |
|--|----------------------------|---|------------------------------------|---|
| Diuretics | | | | |
| Thiazide (z.B. Hydrochlorothiazid) | Magnesium ↓ Potassium ↓ | B6 ↓ B12 ↓ Folic Acid ↓ | ↑ | Folic Acid /B ₁₂ /B ₆ -Combination; Magnesium, Potassium via diet |
| Loop Diuretics (z.B. Furosemid) | Magnesium ↓ Calcium ↓ | Vitamin B1 ↓ Vitamin B6 ↓ Vitamin B12 ↓ Folic Acid ↓ | ↑ | Folic Acid /B ₁₂ /B ₆ -Combination; Vitamin B1/Benfotiamin, Magnesium |
| Triamteren | | Folic Acid ↓ | ↑ | Folic Acid /B ₁₂ /B ₆ -Combination |
| Lipidlowering Drugs | | | | |
| Fibrate (Fenofibrat und Bezafibrat) | | | ↑ | Folic Acid /B ₁₂ /B ₆ -Combination |
| Colestyramin | | Vitamin B12 ↓ Folic Acid ↓ | ↑ | Folic Acid /B ₁₂ /B ₆ -Combination |
| Niacin | | Vitamin B6 ↓ | ↑ | Vitamin B ₆ |
| Antidiabetic Agents | | | | |
| Metformin | | Vitamin B12 ↓ Folic Acid ↓ | ↑ | Vit. B12 (ca. 1mg/Tag) bzw. Folic Acid /B ₁₂ /B ₆ -Combination |
| Antiepileptika | | | | |
| Carbamazepin / Phenytoin / Valproinsäure / Primidon | | Folic Acid ↓ | ↑ | Folic Acid /B ₁₂ /B ₆ -Combination |
| Anti-microbial Substances | | | | |
| Amikacin, Gentamicin, | Magnesium ↓ | | | Magnesium |

| | | | | |
|--------------------------------------|-----------------------------|------------------------------|-----|--|
| Tobramycin | | | | |
| Isoniazid | | Vitamin B6 ↓ | ↑ | Vitamin B ₆ |
| Trimethoprim | | Folic Acid ↓ | ↑ | Folic Acid /B ₁₂ /B ₆ -Combination |
| Anti-fungal Agent Amphotericin | Magnesium ↓ | | | Magnesium |
| Gastrointestinal Therapeutics | | | | |
| Omeprazol | Magnesium ↓ | Vitamin B12 ↓ | ↑ | Magnesium, Vitamin B ₁₂ |
| H2-Antagonists (z.B. Ranitidin) | | Vitamin B12 ↓ | (↑) | Vitamin B ₁₂ |
| Sulfasalazine | | Folic Acid ↓ | ↑ | Folic Acid /B ₁₂ /B ₆ -Combination |
| Laxatives (long-term use) | Magnesium ↓, Potassium ↓ | Folic Acid ↓ | ↑ | Magnesium, Folic Acid /B ₁₂ /B ₆ -Combination |
| Other medicines | | | | |
| Ciclosporine A | Magnesium ↓ Potassium ↓ | | ↑ | Folic Acid /B ₁₂ /B ₆ -Combination; Magnesium |
| Cisplatin | Magnesium ↓ | | | Magnesium |
| Contraceptives (the „Pill“) | Magnesium ↓ | Vitamin B6 ↓ Folic Acid ↓ | ↑ | Folic Acid /B ₁₂ /B ₆ -Combination, Magnesium |
| Methotrexate | | Folic Acid ↓ | ↑ | Folic Acid /B ₁₂ /B ₆ -Combination |
| Theophylline | | Vitamin B6 | ↑ | Vitamin B ₆ |

* Before supplementation a vitamin- or mineral-determination in the blood may be advisable to confirm a deficiency.

↓ Reduced level
↑ Increased level