

**Clell Fowels, Pharmacist** for NSP conducted a seminar at the convention in Orlando concerning medications, what can be depleted in the body and how to combat them.

## **Anti-Depressants Medications deplete**

- Vit. B
- B 12
- Co-enzyme Q10

## **Combating Anti-Depressant Medications**

- Nutri Calm
- Super Supplemental
- Vitamins/Minerals
- B-Complex
- Co-Enzyme Q10

## **Heart medications deplete**

- Zinc
- Co-Enzyme Q10
- Magnesium
- B-Vitamins
- Calcium
- Phosphorus
- Vit. B
- Vit. K
- Folic Acid

## **Combating heart medications**

- Nutri-Calm
- B-Complex
- Super Supplemental Vitamins/Minerals
- Colloidal Minerals
- Co-Enzyme Q10

## **Anti-biotics Deplete**

- Friendly Flora
- B Vitamins
- Vitamin K
- Magnesium
- Calcium
- Potassium
- Vitamin A
- Zinc
- Iron

## **Combating Anti-inflammatory Medications**

- Super Supplemental
- Vitamins/Minerals
- Vitamin C
- Folic Acid Vitamin E w/selenium
- Cal/Mag
- Calcium
- Vitamin D
- Colloidal Minerals

## **Combating Anti-Biotics**

- Zinc
- Colloidal Minerals
- B-Complex
- L-Carnitine
- Folic Acid
- Calcium
- Super Supplemental Vitamins/Minerals
- Probiotic 11
- L-Reuteri

## **HHRT Medications deplete**

- Magnesium
- Vitamin C
- Zinc

## **B-Vitamins**

- B6 specifically
- B12
- B2
- Folic Acid

## **Combating HRT**

- 5 HTP
- Super Supplemental Vitamins/Minerals
- B-Complex
- Vitamin C
- B6
- Nutri-Calm

## **Anti-inflammatory Medications deplete**

- Friendly Flora
- B Vitamins
- Vitamin K
- Magnesium
- Calcium
- Potassium
- Vitamin A
- Zinc
- Iron