



Drugs that deplete the body of magnesium

Acid Blockers

Cimetidine (Tagamet)
Esomeprazole (Nexium)
Famotidine (Pepcid and Pepcid Complete)
Nizatidine (Axid)
Omeprazole (Prilosec OTC)
Pantoprazole (Protonix)
Ranitidine (Zantac)
Rabeprazole (Aciphex)

Antacids

Aluminum and magnesium hydroxide (Maalox, Mylanta)
Aluminum carbonate gel (Basaljel)
Aluminum hydroxide (Amphojel, AlternaGEL)
Calcium carbonate (Tums, Titalac, Rolaid)
Magnesium hydroxide (Phillips' Milk of Magnesia)
Sodium bicarbonate (Alka-Seltzer, baking soda)

Antibiotics (limited examples)

Amoxicillin (Amoxil)
Azithromycin (Z-Pak)
Cefaclor (Ceclor)
Cefdinir (Omnicef)
Cephalexin (Keflex)
Ciprofloxacin (Cipro)
Clarithromycin (Biaxin)
Doxycycline (Doryx)
Erythromycin (E.E.S.)
Levofloxacin (Levaquin)
Minocycline (Minocin)
Sulfamethoxazole and trimethoprim (Bactrim, Septra)
Tetracycline (Sumycin)

Antiviral Agents

Delavirdine (Rescriptor)
Foscarnet (Foscavir)
Lamivudine (Epivir)
Nevirapine (Viramune)
Zidovudine, AZT (Retrovir)
Zidovudine and Lamivudine (Combivir)

Blood Pressure Drugs

Hydralazine (Apresoline)
ACE inhibitors
Enalapril and HCTZ (Vaseretic)
Angiotensin II receptor blockers
Valsartan and HCTZ (Diovan HCT)
Diuretics
Bumetanide (Bumex)
Ethacrynic acid (Edecrin)
Furosemide (Lasix)
Torsemide (Demadex)
Diuretics, thiazide (and any combination drug that contains HCTZ or hydrochlorothiazide—dozens of drugs contain this)
Candesartan and HCTZ (Atacand HCT)
Chlorothiazide (Diuril)
Chlorthalidone (Hygroton)
Hydrochlorothiazide or HCTZ (Hydrodiuril)
Methyclothiazide (Enduron)
Metolazone (Zaroxolyn)
Diuretics, potassium-sparing
Possibly the potassium-sparing diuretics, however this is not conclusive
Diuretics, sulfonamide
Indapamide (Lozol)
Cardiac Glycoside
Digoxin (Digitek, Lanoxicaps, Lanoxin)

Central Nervous System (CNS) Stimulants

Methylphenidate (Metadate, Ritalin)

Cholesterol Agents

Cholestyramine (Questran)
Colestipol (Colestid)

Corticosteroids

Betamethasone (Diprolene, Luxiq)
Dexamethasone (Decadron)
Hydrocortisone (Cortef)
Methylprednisolone (Medrol)
Mometasone (Elocon)
Prednisolone (Pediapred Liquid)
Prednisone (Deltasone, Liquid Pred, Sterapred)
Triamcinolone (Aristocort cream)



Inhaled corticosteroids

Flunisolide (Nasarel, Nasalide)
Futicasone (Flonase)
Triamcinolone (Azmacort inhaler)

High-sugar diet (glucose, fructose, sucrose)
Malabsorption of any sort (celiac or Crohn's disease, pancreatitis, crash dieting, anorexia)
Mineral oil

Hormone Replacement Therapy / Oral

Contraceptives

Diethylstilbestrol (DES)
Estradiol (Activella, Climara, Combipatch, Estrace, Estraderm, Estring, EstroGel, Femring, Menostar, and many others)
Estrogen-containing drugs (hormone replacement therapy and birth control)
Estrogens, conjugated (Premphase, Prempro)
Estrogens, esterified (Estratab)
Estropipate (Ogen)
Ethinyl estradiol (found in many birth control pills)
Levonorgstrel (found in many birth control pills)

Immunosuppressants

Cyclosporine (Sandimmune, Neoral)
Tacrolimus (Prograf)

Nonsteroidal Aromatase Inhibitors for breast cancer

Anastrozole (Arimidex)

Osteoporosis

Raloxifene (Evista)

SERMs (Selective Estrogen Receptor Modulators—used for breast cancer)

Raloxifene (Evista)
Tamoxifen (Nolvadex)
Toremifene (Fareston)

Sulfonamides

Sulfa antibiotics, some diabetic medications

MISC

Alcohol
Calcium supplementation (prolonged or in excess)
Coffee
Estrogen dominance
High cortisol levels