

### CLINICAL APPLICATIONS OF SPECTRACELL'S MICRONUTRIENT TESTS IN CARDIOVASCULAR PATIENTS

Although much progress has been made, cardiovascular disease (CVD) remains the leading cause of death in the United States. Micronutrient deficiencies have been found to contribute to adverse cardiovascular events and are associated with disease process and the overall condition of your health. Years of research has implicated vitamins B6, B12, folic acid, calcium, magnesium and antioxidants as important in the metabolism of homocysteine, the proper function of heart muscle and in scavenging free radicals respectively. Unfortunately, these and other important nutrients are depleted by drug treatments commonly used for CVD, further compromising the patient's health.

### DRUGS AND THEIR EFFECT ON NUTRITIONAL STATUS

DRUG	NUTRIENT	POTENTIAL HEALTH PROBLEM(S)
Hydralazine-containing Vasodilators	Vitamin B6 Coenzyme Q10	Anemia, tiredness, weakness, increased cardiovascular disease risk Various cardiovascular problems, weak immune system, low energy
Loop Diuretics Furosemide (Lasix), Bumetanide (Bumex), Ethacrynic acid (Edecrin)	Calcium Magnesium Potassium Vitamin B1 Vitamin B6 Vitamin C Sodium Zinc	Osteoporosis, heart & blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Irregular heartbeat, muscle weakness, fatigue, edema Depression, irritability, memory loss, muscle weakness, edema Depression, sleep disturbance, increased cardiovascular disease risk Lowered immune system, easy bruising, poor wound healing Muscle weakness, dehydration, memory problems, loss of appetite Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
Thiazide Diuretics Hydrochlorothiazide (HCTZ), Methylclothiazide (Enduron), Chlorothiazide (Diuril), Indapamide (Lozol), Metolazone (Zaroxolyn), Chlorthalidone (Hygroton), etc.	Magnesium Potassium Zinc Coenzyme Q10 Sodium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS Irregular heartbeat, muscle weakness, fatigue, edema Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Various cardiovascular problems, weak immune system, low energy Muscle weakness, dehydration, memory problems, loss of appetite
Potassium-sparing diuretics Dyazide, Maxzide, Triamterene (Dyrenium)	Calcium Folic Acid Zinc	Osteoporosis, heart & blood pressure irregularities, tooth decay Birth defects, cervical dysplasia, anemia, cardiovascular disease Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
Cardiac Glycosides Digoxin (Lanoxin)	Vitamin B1 Calcium Magnesium Phosphorus	Depression, irritability, memory loss, muscle weakness, edema Osteoporosis, heart & blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Weakness, low energy, skeletal problems
Aspirin & Salicylates	Vitamin C Calcium Folic Acid Iron Potassium Sodium Vitamin B5	Lowered immune system, easy bruising, poor wound healing Osteoporosis, heart & blood pressure irregularities, tooth decay Birth defects, cervical dysplasia, anemia, cardiovascular disease Anemia, weakness, fatigue, hair loss, brittle nails Irregular heartbeat, muscle weakness, fatigue, edema Muscle weakness, memory loss, dehydration Fatigue, listlessness and possible skin problems
HMG-CoA Reductase Inhibitors Fluvastatin (Lescol), Atorvastatin (Lipitor), Simvastatin (Zocor), Lovostatin (Mevacor), Pravastatin (Pravacol)	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
Bile Acid Sequestrants Cholestyramine (Atromid-S), Colestipol (Colestid)	Vitamins A, D, E, K B12, Beta-Carotene, Calcium, Magnesium, Zinc, Iron Folic Acid, Phosphorus Vitamins A, D, E, B12 Beta-Carotene, Folic Acid, Iron	



## NUTRIENTS SPECIFICALLY IMPORTANT TO CARDIOVASCULAR DISEASE

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In addition to common depletions by drug therapies used to treat disease conditions related to heart disease these nutrients have extra significance in treating heart disease patients:

CoQ10	Various cardiovascular problems, weak immune system, low energy
Calcium	Heart & blood pressure irregularities, osteoporosis, tooth decay
Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
Potassium	Irregular heartbeat, muscle weakness, fatigue, edema
Vitamin B6	Increased cardiovascular disease risk, depression, sleep disturbance
Vitamin B12	Increased cardiovascular disease risk, anemia, tiredness, weakness
Folic Acid	Cardiovascular disease, birth defects, cervical dysplasia, anemia
Vitamin E	Hearing disease risk, weak immune system, increased free radical damage
Carnitine	Elevated blood lipid levels, abnormal liver function, muscle weakness, less energy, impaired glucose control