

Carences en nutriments provoquées par les neuroleptiques

(depletes = diminue)

1. Adderall depletes: Vitamin B12, vitamin C, and potassium.

2. Prozac depletes: Vitamin B1, vitamin B2, vitamin B3, vitamin B6, vitamin B12, folic acid, vitamin C, vitamin D, coenzyme Q10, calcium, magnesium, manganese, selenium, sodium, zinc, and glutathione.

3. Paxil depletes: Vitamin B1, vitamin B2, vitamin B3, vitamin B6, vitamin B12, folic acid, vitamin C, vitamin D, coenzyme Q10, calcium, magnesium, manganese, selenium, sodium, zinc, and glutathione.

4. Zoloft depletes: Vitamin B1, vitamin B2, vitamin B3, vitamin B6, vitamin B12, folic acid, vitamin C, vitamin D, coenzyme Q10, calcium, magnesium, manganese, selenium, sodium, zinc, and glutathione.

5. Celexa depletes: Vitamin B1, vitamin B2, vitamin B3, vitamin B6, vitamin B12, folic acid, vitamin C, vitamin D, coenzyme Q10, calcium, magnesium, manganese, selenium, sodium, zinc, and glutathione.

6. Wellbutrin/Zyban depletes: Vitamin B6, vitamin C, vitamin D, coenzyme Q10, and sodium.

7. Remeron depletes: Vitamin B6, vitamin C, vitamin D, coenzyme Q10, and sodium.

8. Effexor depletes: Vitamin B1, vitamin B2, vitamin B3, vitamin B6, vitamin B12, folic acid, vitamin C, vitamin D, coenzyme Q10, calcium, magnesium, manganese, selenium,

sodium, zinc, and glutathione. 9. Risperdal depletes: Vitamin A, vitamin B1, vitamin B12, biotin, folic acid, carnitine, inositol, vitamin C, vitamin D, vitamin K, and calcium.

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10. Zyprexa depletes: Vitamin A, vitamin B1, vitamin B12, biotin, folic acid, carnitine, inositol, vitamin C, vitamin D, vitamin K, and calcium.

11. Seroquel depletes: Vitamin A, vitamin B1, vitamin B12, biotin, folic acid, carnitine, inositol, vitamin C, vitamin D, vitamin K, and calcium.

12. Depakote depletes: Vitamin A, vitamin B1, vitamin B2, vitamin B12, biotin, folic acid, carnitine, inositol, vitamin C, vitamin D, vitamin K, calcium, magnesium, and Essential Fatty Acids."

Référence

From the book; Antidepressant, Antipsychotics and Stimulants by Dr. David W. Tanton, Ph.D

Publié sur la page FB de Luc de Bry – Open Dialogue francophone

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