Nutrient depletion issues found!

**Prilosec (Omeprazole)**

**Depletion Rating** = **Major Depletion**

A supplement is needed for most patients.

**PROTON PUMP INHIBITORS (PPIs)**

Taking a PPI long-term, especially over a year, has been linked to an increased risk of hypomagnesemia in several reports (17546, 17547, 17548, 17549, 17550, 17551, 17552, 17553, 17554, 17555, 17556). This appears to be a class effect. Hypomagnesemia has been reported with all PPIs (17554, 17556).

Severe hypomagnesemia can cause potentially serious effects including muscle spasm, tetany, arrhythmia, hypokalemia, hypoparathyroidism, hypocalcemia, and seizures. Patients who are likely to take a PPI long-term should have serum magnesium levels checked at baseline and annually.