

WARNING

Agents That May Impair GI Absorption of Stimulants

Acidifying agents, especially **citric acid & vitamin C**, ionize **BOTH** methylphenidates (Ritalin, Ritalin LA, Focalin, Focalin XR, Metadate, Concerta) and (dex)amphetamine* (Adderall, Adderall XR, Dexedrine) and may affect absorption from the GI tract.

****PLEASE NOTE THAT THIS DOES NOT APPLY TO VYVANSE***

Foods & supplements to avoid for 1 hour before & after dose

- ***Some fruit juices** (especially **OJ, grapefruit, cranberry**)
- *Dietary supplements (primarily **Vitamin C**)
- *Vitamin water
- *Gatorade/PowerAde
- *Soft drinks
- *Others drinks with pH < 3.5

http://www.21stcenturydental.com/smith/pH_drinks.htm

<http://www.oralanswers.com/2010/03/nine-drinks-that-can-dissolve-your-teeth/>

- *Foods with added Vitamin C (Granola bars, cereals, etc)

Medications to avoid or inform Dr. Ott about

***Antacids/acid suppressants**

Aciphex (raberprazole), Axid (nizatidine),
Nexium (esomeprazole), Pepcid (famotidine),
Prevacid (lansoprazole), Prilosec (omeprazole),
Protonix (Pantoprazole), Tagamet (cimetidine),
Zantac (ranitidine)

- *Oral suspensions/antibiotics

Physicians Desk Reference; 2006

010814

DEREK OTT, M.D.

10850 WILSHIRE BLVD, SUITE 200, LA, CA 90024 TEL (310) 470-2033/FAX (310) 475-2936 DOTT@MEDNET.UCLA.EDU