

NUTRIENT DEFICIENCIES ASSOCIATED WITH ORAL CONTRACEPTIVES

B VITAMINS

Vitamin B6 (Pyridoxine)

- Mechanism: OCPs interfere with tryptophan metabolism
- Impact: Reduced B6 plasma levels
- Common symptoms:
 - Mood changes
 - Depression
 - Sleep disturbances

Vitamin B12 (Cobalamin)

- Mechanism: Reduced absorption and altered metabolism
- Impact: Lower serum B12 levels
- Common symptoms:
 - Fatigue
 - Memory issues
 - Nerve problems

Folate (B9)

- Mechanism: Altered folate metabolism
- Impact: Decreased serum folate
- Significance: Critical for pregnancy planning

MINERALS

Magnesium

- Mechanism: Altered absorption and increased excretion
- Impact: Reduced serum magnesium
- Common symptoms:
 - Muscle cramps
 - Anxiety
 - Sleep issues

Zinc

- Mechanism: Altered absorption and metabolism
- Impact: Decreased serum zinc levels
- Common symptoms:
 - Reduced immunity
 - Skin problems
 - Altered taste

Selenium

- Mechanism: Reduced absorption
- Impact: Lower selenium status
- Effects: Compromised antioxidant function

OTHER NUTRIENTS

Vitamin C

- Mechanism: Increased oxidation and utilisation
- Impact: Lower plasma vitamin C
- Effects: Reduced antioxidant protection

Vitamin E

- Mechanism: Increased oxidation
- Impact: Decreased vitamin E levels
- Significance: Reduced antioxidant capacity

OTHER IMPORTANT INFORMATION TO BE AWARE OF WHILE ON THE OCP

Potential Serious Risks

1. Cardiovascular Issues:

- Increased risk of blood clots
- Slightly higher risk of stroke
- Elevated blood pressure

2. Cancer Risks:

- Slight increase in breast cancer risk
- Small increase in cervical cancer risk

(Note: Also provides protection against some cancers)

Other Medical Considerations

- Long-term use may affect bone density in some cases, especially around the time of perimenopause.

- Can interact with other medications
- Can mask menopause symptoms
- May worsen certain conditions like migraine with aura

OCP usage is not recommended for:

- Women over 35 who smoke
- History of certain cancer
- History of blood clots
- Certain cardiovascular conditions
- Severe liver disease
- Uncontrolled high blood pressure

RECOMMENDED MONITORING

- Regular Blood pressure monitoring
- Regular breast screening, pap smears and bone density checks * (speak to your GP)
- Regular standard pathology testing (see your treatment plan for your individual recommendations.
 - Initial baseline testing
 - Follow-up every 6-12 months
 - More frequent if symptomatic

* Especially important around perimenopause.

At Janaya Karloci Naturopath, I am committed to empowering you with the knowledge and tools you need to lead a well, peaceful, fulfilling, and empowered life.

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