

Carbidopa may not be required in most patients taking L-dopa.

The following data is from Lodosyn (carbidopa) prescribing information. It is from the FDA website:
https://www.accessdata.fda.gov/drugsatfda_docs/label/2014/017830s014s016s017s018s019s030lbl.pdf

CARBIDOPA → MANY MAY NOT REQUIRE IT

1. NeuroResearch Centers observe that approximately 50% of L-dopa patients do not experience nausea.
2. Lodosyn prescribing information: "It should be further noted that in controlled trials comparing carbidopa and levodopa with levodopa alone, **about half the patients with nausea and/or vomiting on levodopa alone improved spontaneously despite being retained on the same dose of levodopa during the controlled portion of the trial.**"

Therefore at least 75% of patients taking L-dopa may not require carbidopa. Yet, there is exposure involving 100% of patients taking prescription L-dopa to vitamin B6 depletion and the following carbidopa-associated side effects.

LODOSYN (carbidopa) SIDE EFFECTS AND ADVERSE REACTIONS

muscle rigidity	abdominal pain	Anorexia
involuntary movements	distress	Bruxism
altered consciousness	asthenia	burning sensation of the tongue
mental status changes	chest pain	constipation
autonomic dysfunction, tachycardia,	fatigue	dark saliva
tachypnea	cardiac irregularities	development of duodenal ulcer
sweating	hypertension	diarrhea
hyper-or hypotension	myocardial infarction	dry mouth
laboratory findings such as:	hypotension	dyspepsia
creatine phosphokinase elevation,	orthostatic hypotension	dysphagia
leukocytosis	palpitation	flatulence
myoglobinuria	phlebitis	gastrointestinal bleeding
increased serum myoglobin	syncope	gastrointestinal pain
hemolytic	edema	heartburn
non-hemolytic anemia	weight gain	hiccups
leukopenia	weight loss.	sialorrhea
thrombocytopenia	back pain	taste alterations
agranulocytosis	leg pain	vomiting
angioedema	muscle cramps	Psychotic episodes including delusions
urticaria	shoulder pain.	hallucinations and paranoid ideation
pruritus	upper respiratory infection	neuroleptic malignant syndrome (NMS,
Henoch-Schonlein purpura	dyspnea, pharyngeal pain	see WARNINGS)
bullous lesions	cough	bradykinetic episodes
abnormalities in:	flushing	"on-off" phenomenon
alkaline phosphatase	increased sweating	Confusion
SGOT (AST)	malignant melanoma	Agitation
SGPT (ALT)	rash	Dizziness
lactic dehydrogenase	alopecia	Somnolence
bilirubin	dark sweat	dream abnormalities
blood urea nitrogen (BUN)	oculogyric crises	nightmares
Coombs test	diplopia	insomnia
elevated serum glucose	blurred vision	paresthesia
decreased hemoglobin and hematocrit	dilated pupils	headache
decreased white blood cell count	dark urine	depression
serum potassium	priapism	suicidal tendencies
increased serum creatinine	urinary frequency	dementia
uric acid	urinary incontinence	pathological gambling
white blood cells	urinary retention	increased libido
bacteria and blood in the urine	urinary tract infection.	hypersexuality
protein and glucose in the urine	bizarre breathing patterns	impulse control symptoms
hoarseness	faintness	Convulsions
hot flashes	neuroleptic malignant syndrome	malaise
	sense of stimulation.	