

Re: Does calcium citrate reduce stomach acid?

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-09/msg00546.html>

- *From:* "Sbharris[at]sign[ix.netcom.com]" <sbharris@xxxxxxxxxxxxxx>
 - *Date:* 23 Sep 2005 15:15:06 -0700
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cr113@xxxxxxxxxxxx wrote:

> I occasionally get a mild sour stomach and I've always tried not to
> take Tums or Rolaids because I don't like to take "medicine" if
> possible. I just noticed that the active ingredient in Tums is calcium
> carbonate. That's same ingredient found in my calcium tablets that I
> take every day along with calcium citrate. My question is will a
> calcium carbonate/citrate tablet work just as well for reducing acid in
> your stomach? What about calcium citrate by itself without the
> carbonate?

COMMENT:

The carbonate is what neutralizes stomach acid, and the calcium goes along for the ride. You could use sodium carbonate or bicarbonate just as well (and this is done), but calcium products are more convenient, more dense, and less salty. Unfortunately, calcium also produces an acid rebound some hours later (something the TUMS people don't tell you about the effect of calcium on acid production). So I'd suggest that if you're using a carbonate for immediate acid neutralization, I'd suggest you pop a generic Pepcid/famotidine along with it. These are pretty cheap these days.

Contrary to what you heard, calcium citrate is not an ester, but a simple chemical salt of calcium and citric acid (which is NOT vitamin C). Basic citrate salts do have some acid-neutralizing capability against strong acids like HCl in your stomach, but aren't nearly as good as carbonate salts. They are used as sources of calcium mainly for people who don't have a lot of stomach acid. If you use other buffers or acid blockers, it's hard to tell if that's you or not.

SBH

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- *Follow-Ups:*
 - ◆ ***Re: Does calcium citrate reduce stomach acid?***

Re: Does calcium citrate reduce stomach acid?

◇ *From:* Robert

• ***References:***

◆ ***Does calcium citrate reduce stomach acid?***

◇ *From:* cr113

• Prev by Date: ***Re: Question:***

• Next by Date: ***Re: Hey Montygram, how do you explain this study?***

• Previous by thread: ***Re: Does calcium citrate***