

## Re: Does calcium citrate reduce stomach acid?

---

*Source:* <http://sci.tech--archive.net/Archive/sci.med.nutrition/2005-09/msg00550.html>

---

- *From:* "Robert" <[RobertsSong@xxxxxxxxxxxx](mailto:RobertsSong@xxxxxxxxxxxx)>
  - *Date:* Fri, 23 Sep 2005 16:06:51 -0700
- 

"Sbharris[at]signix.netcom.com" <[sbharris@xxxxxxxxxxxx](mailto:sbharris@xxxxxxxxxxxx)> wrote in message  
[news:1127513706.245828.228140@xx](mailto:news:1127513706.245828.228140@xx)

>

> cr113@xxxxxxxxxxxx wrote:

>> I occasionally get a mild sour stomach and I've always tried not to  
>> take Tums or Roloids 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

>

You forgot to mention Milk alkali syndrome.

Re: Does calcium citrate reduce stomach acid?

"With the development of nonabsorbable alkali and histamine-2 blockers for treatment of peptic ulcer disease, milk-alkali syndrome became a rare cause of hypercalcemia; however, with increased use and promotion of calcium carbonate for dyspepsia and as calcium supplementation, a resurgence of milk-alkali syndrome has occurred in the last few years."

<http://www.emedicine.com/med/topic1477.htm>

Increase calcium levels as mentioned cause rebound hyperacidity.

---

• *Follow-Ups:*

- ◆ ***Re: Does calcium citrate reduce stomach acid?***  
◇ *From:* Sbharris[at]sign[ix].netcom.com

• *References:*

- ◆ ***Does calcium citrate reduce stomach acid?***  
◇ *From:* cr113
- ◆ ***Re: Does calcium citrate reduce stomach acid?***  
◇ *From:* Sbharris[at]sign[ix].netcom.com

- Prev by Date: ***Re: Hey Montygram, how do you explain this study?***
- Next by Date: ***Re: Does calcium citrate reduce stomach acid?***
- Previous by thread: ***Re: Does calcium citrate reduce stomach acid?***
- Next by thread: ***Re: Does calcium citrate reduce stomach acid?***
- Index(es):
  - ◆ ***Date***
  - ◆ ***Thread***