

## Long-Term Side Effects of Antacids



Long-term side effects of antacids vary, depending on what is included in them. Listed below are common side effects of antacids, based on their ingredients.

**Aluminum Hydroxide - containing antacids may cause side effects like:**

- Constipation
- Loss of appetite
- Unusual tiredness
- Muscle weakness
- Confusion

**These side effects are a result of depletion of vital nutrients like:**

- Calcium
- Phosphorous
- Zinc
- Vitamin B12
- Vitamin D

Magnesium Carbonate - containing antacids may cause gastrointestinal side effects like flatulence and diarrhea. These side effects are also a result of depletion of vital nutrients mentioned above.

**Magnesium Hydroxide - containing antacids may cause gastrointestinal side effects like:**

- Stomach cramps
- Upset stomach
- Vomiting
- Diarrhea

These side effects are also a result of depletion of vital nutrients like calcium, phosphorus and vitamin D.

**Magnesium Trisilicate -**

Occasionally, people who have taken this medicine have experienced digestive symptoms such as mild diarrhea, stomach cramps and belching. This compound depletes nutrients like Calcium, Phosphorous, Zinc, Vitamin B12, Vitamin D from the body.

**Magnesium Oxide - may cause side effects like:**

- Cramping
- Diarrhea
- Rash or hives
- Itching
- Dizziness or lightheadedness
- Mood or mental changes
- Unusual tiredness
- Weakness
- Nausea
- Vomiting

These side effects are a result of depletion of nutrients like Phosphorous, Zinc, Vitamin B12, Vitamin D and Calcium.

**Magnesium Sulfate -**

containing antacids may cause side effects such as:

- Confusion
- Dizziness or lightheadedness
- Fast, slow, or irregular heartbeat
- Low blood pressure
- Muscle weakness
- Skin infection after soaking
- Sleepiness

This drug depletes nutrients like Calcium, Phosphorous, Zinc, Vitamin B12, Vitamin D.

### **Calcium Carbonate -**

containing antacids may cause side effects such as:

- Upset stomach
- Vomiting
- Stomach pain
- Belching
- Constipation
- Dry mouth
- Increased urination
- Loss of appetite
- Metallic taste

Overuse of this antacid may cause severe accumulation of calcium in the blood, called hypercalcemia.

To prevent health complications due to nutrient depletion, you must replenish your body with the lost nutrients. You can start with the following dosages in consultation with your physician:

- Calcium - 1000-1200 mg
- Folic acid - 400 mcg
- Phosphorous - 700 mg
- Vitamin B12 - 200 mcg

- Vitamin D – 600-1000 IU
- Zinc – 25-50 mg