



## What is Calcium Carbonate?

Calcium Carbonate is a white, insoluble (cannot be dissolved) solid occurring naturally as chalk, limestone, marble, in calcite, and mollusk shells and stony corals.

## How does Calcium work for diarrhea?

Calcium can reduce diarrhea. People who suffer from diarrhea have stools that are discharged from the bowels frequently and in a liquid form. Doctors think that the constipating effect of calcium may reduce water in the stool.

## What is the dosage?

Taking 1200 mg (milligrams) twice per day can decrease diarrhea. If you tolerate this for 3 months but it is not effective, you can increase your dose to 1800 mg twice per day.

## What are the possible side effects?

The main side effect of taking Calcium Carbonate is constipation. Others may include: loss of appetite, gas, nausea, vomiting, high calcium levels, and low phosphate levels. Tell your doctor if you are having any of these side effects. Your doctor may monitor your blood for changes in your calcium and phosphate.

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