

Antacid Comparison Chart

Antacid	Use	Side Effects
Calcium Carbonate (Tums)	Quick relief from heartburn & indigestion	Constipation
Magnesium Hydroxide	Neutralizes acid, laxative effect	Diarrhea
Aluminum Hydroxide	Neutralizes acid, can cause constipation	Constipation
Rolaids (Mg Hydroxide + Al Hydroxide)	Balances Mg & Al effects, may cause diarrhea	Diarrhea (due to Magnesium)
Pepto-Bismol (Bismuth Subsalicylate)	Treats diarrhea & indigestion	None significant
Gaviscon (Alginic Acid)	Creates a protective barrier, neutralizes acid	Mild discomfort
Magnesium Carbonate	Neutralizes acid, relieves heartburn	Diarrhea, GI irritation, hypermagnesemia
Magnesium Trisilicate	Neutralizes acid, relieves heartburn & indigestion	Nausea, vomiting, diarrhea, dizziness
Sodium Bicarbonate	Neutralizes acid, relieves heartburn & indigestion	Thirst, cramps, gas, electrolyte imbalance