

Refluxter® Quick Start Guide

How to set up your routine with Refluxter sodium alginate capsules for acid reflux, heartburn, GERD, nighttime reflux, and silent reflux (LPR). From first dose to first results.

What Refluxter is and how it works

Refluxter is a natural, drug-free sodium alginate supplement made from brown seaweed. When the capsules meet stomach acid, the alginate, paired with calcium carbonate and sodium bicarbonate, forms a floating gel “raft” on top of your stomach contents. The raft is a **physical barrier against acid reflux**: if stomach contents try to rise, the gentle gel barrier reaches the valve at the top of your stomach first, helping keep the harsher contents below. Unlike an antacid (which neutralizes acid) or an acid reducer such as a PPI (which switches acid production off), alginate therapy works mechanically, so it can help hold back reflux whether it is acidic or not. That is one reason it is useful for silent reflux (laryngopharyngeal reflux, or LPR), where the enzyme pepsin, not just acid, irritates the throat. Each dose forms its reflux raft in about 10 minutes and can last up to about 4 hours. Refluxter is sugar-free, preservative-free, aluminum-free, vegan, and made in the USA, with over 1,000 mg of high-G-block sodium alginate per 2-capsule serving.

Setup: your first dose in 4 steps

- **Eat first (for daytime doses).** Take Refluxter within about 15–20 minutes *after* a meal; never before or during one. The raft needs food to float on, and food arriving afterward breaks the raft apart.
- **Take 2 capsules with a full glass of water.** Swallow the capsules whole.
- **Don’t eat right after your dose.** Small sips of liquid are fine, but solid food or a large drink can break up a freshly formed raft. The raft lasts up to about 4 hours, so plan meals around it.
- **Make the bedtime dose your last dose.** Take it right before you lie down. For nighttime reflux and silent reflux, the bedtime dose is the most important one of the day.

Refluxter works best when taken 15 to 20 minutes after meals, because alginate forms its most effective protective raft over stomach contents after eating. However, if several hours have passed since your last meal and you are taking Refluxter before bed for nighttime reflux protection, it is still appropriate to take it with water even if your stomach is relatively empty. There is no need to eat a bedtime snack solely to take Refluxter.

How much to take for your symptom pattern

Your situation	What to take	Per day
Everyday heartburn or GERD (most common)	2 capsules after your heaviest or trigger meal, plus 2 before bed	4
Nighttime reflux only (acid reflux while sleeping)	2 capsules at bedtime, right before lying down. 3 capsules if needed for severe nighttime reflux	2-3
Silent reflux / LPR (throat symptoms: chronic cough, hoarseness, throat-clearing, lump-in-throat feeling)	2 capsules after every meal and 2 at bedtime; the bedtime dose is essential	up to 8
Occasional heartburn after a trigger meal	2 capsules after the meal that troubles you; also works as a rescue dose the moment sudden heartburn strikes	2

These are starting points. The 8-capsule daily maximum is flexible; shift doses toward whenever your symptoms are worst (for example, 3 capsules at bedtime for hard nights) without increasing your total. Do not exceed 8 capsules per day without talking to your doctor.

What to expect: give it 2 weeks, or 8 weeks for LPR

Each dose gives per-dose protection right away, but the barrier is something you build with daily consistency. For **heartburn, GERD, and everyday acid reflux**, use Refluxter consistently for about **2 weeks** before judging your

routine. For **silent reflux (LPR)**, the delicate tissues of the throat and voice box heal slowly; in clinical studies of alginate therapy for LPR, meaningful improvement generally appeared around the two-month mark. Give it a full **8 weeks** of consistent use. Stopping after a few days is the number-one reason people miss out on relief. You usually won't "feel" the raft working; judge it by fewer and milder reflux episodes over time.

The golden rules: daytime doses 15–20 minutes after meals · full glass of water · nothing heavy to eat or drink right after · bedtime dose last, 30 minutes before lying down (no snack needed) · every day, like brushing your teeth.

The nighttime and silent-reflux playbook

Once you lie down, gravity stops helping keep stomach contents down; nighttime is when a reflux barrier matters most. A few free habits multiply your results:

- **Finish eating about 3 hours before bed**, so your stomach has time to empty; eating in the evening stimulates acid production, so it is better not to eat after dinner.
- **Take your bedtime Refluxter dose last**, 30 minutes before lying down, with water. No bedtime snack is needed, even if hours have passed since dinner.
- **Raise the head of your bed 6–8 inches** with a wedge or bed risers (stacked pillows work less well).
- **Sleep on your left side**, which keeps your stomach below the food-pipe junction.
- **Keep dinner lighter and earlier**; large, late meals are a leading driver of nighttime reflux.
- **Go easy on common triggers:** coffee and caffeine, alcohol, chocolate, peppermint, citrus and tomato, and spicy, fried, or fatty foods.

Taking Refluxter with other medications

Because the raft is a physical barrier, take other oral medications and supplements **30–60 minutes before, or 4 hours after**, Refluxter so it does not affect their absorption. Some medications have known interactions with calcium carbonate and are commonly recommended to be taken **at least 4 hours apart** from products containing calcium carbonate, including Refluxter. Examples include certain thyroid medications, some antibiotics, and certain bone-density medications. Please consult your physician or pharmacist for the appropriate dosing schedule for your specific medications. Many people combine alginate therapy with an acid reducer such as a PPI, since they work differently; confirm your plan and spacing with your doctor or pharmacist. If you are pregnant or nursing, on a sodium-restricted diet, or considering Refluxter for a child, talk with your healthcare provider first.

Storage

Store in a cool, dry place away from sunlight, heat, and humidity; a pantry shelf is ideal. Avoid steamy bathrooms and hot cars. Keep the bottle tightly closed with the desiccant packet inside, keep out of reach of children, and do not use if the safety seal is broken or after the expiration date. No refrigeration needed.

Questions? Try our AI assistant Pragna on our website for guided assistance. If you still need more help, always feel free to reach out to us at support@nutritist.us

These statements have not been evaluated by the Food and Drug Administration. Refluxter is a dietary supplement and is not intended to diagnose, treat, cure, or prevent any disease. This guide is general educational information, not medical advice. Always follow the directions on your product label and consult your healthcare provider with questions about your health or medications.