

Refluxter® Troubleshooting Guide

Answers to the most common questions about using Refluxter sodium alginate capsules for acid reflux, heartburn, GERD, nighttime reflux, and silent reflux (LPR). How to take it, how to tell it's working, what to do about side effects, and who should check with a doctor first.

Getting the best results

What is the best way to take Refluxter for acid reflux and heartburn?

Timing is everything. Take 2 capsules with a full glass of water **15 to 20 minutes after a meal**, which lets food settle and mix with stomach acid so the alginate can form its protective “raft” on top of your stomach contents. Avoid taking Refluxter before or during a meal; food entering the stomach afterward breaks the raft apart, which is the most common reason it doesn't work as well. The raft lasts up to about 4 hours, so plan your meals around it. For sudden heartburn, Refluxter also works as a rescue dose taken the moment symptoms strike; if 2 capsules aren't fully settling more severe symptoms, you can take one extra capsule. If you get acid reflux or heartburn often, make a nightly dose about 30 minutes before bed a habit, even on days you feel no symptoms, to help protect your throat and esophagus while you lie flat. Limit yourself to 8 capsules per day.

Can I eat or drink after taking Refluxter?

For best results, avoid eating or drinking right after a dose, though if you do, it won't cause any harm. The protective alginate raft has a foamy, gel-like consistency that lets liquids and food pass through with natural digestion, so small sips of liquid have little impact. Eating solid food or drinking a large amount, however, can significantly disrupt a freshly formed raft. Dose after you've finished eating, and wait a while before a big drink.

Can I take Refluxter after every meal?

Yes, you can take Refluxter after every meal and before bedtime, up to 8 capsules per day. If you have kidney or blood pressure issues, be mindful of the sodium and calcium the formula contributes (see the Supplement Facts on your bottle). There are no dietary restrictions with Refluxter; many people carry it with them for meals they know may trigger heartburn.

Should I take Refluxter on an empty stomach? What if I miss a dose?

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; in fact, it is better not to eat after dinner in the evening, because eating stimulates acid production. If dinner is late and fewer than about 2 hours separate your last bite from lying down, skip the after-dinner dose and take a single dose about 30 minutes before bed; at that spacing your bedtime dose is your after-dinner dose. If you miss a dose, simply resume at the next natural point (after a meal or at bedtime). Don't double up to catch up, and stay within 8 capsules per day.

Is it working?

How do I know if Refluxter is working?

Use it consistently as directed for at least 2 weeks and compare against your usual reflux pattern. “Working” doesn't necessarily mean reflux disappears overnight. A positive response often looks like gradual improvement:

- Fewer reflux episodes after meals
- Less intense burning, sour taste, or throat irritation
- Fewer nighttime flare-ups or less discomfort when lying down
- Shorter or milder episodes when reflux does happen
- Less frequent throat-clearing, hoarseness, or post-meal irritation

A helpful approach: note how often symptoms happen, when they happen, and how intense they usually feel, then compare that pattern after 2 weeks of regular use. Even modest improvement is a meaningful sign. Results

vary with meal size, food choices, alcohol, caffeine, stress, eating close to bedtime, body position, weight, and medications, so pair Refluxter with reflux-friendly habits for the fairest test.

How long does Refluxter take to work for GERD vs. LPR?

Each dose forms its raft within about 10 minutes and can last up to about 4 hours, so per-dose relief often starts the same day. Judging your overall routine takes longer: about **2 weeks** of consistent, well-timed use for heartburn, GERD, and everyday acid reflux, and a full **8 weeks** for silent reflux (LPR), because throat and voice-box tissues heal slowly. You usually won't feel the raft itself; that's normal. Judge by your symptoms over the 2- or 8-week window.

It doesn't seem to be working. What should I check?

The large majority of "it's not working" situations trace back to one of these fixable habits:

Check this	The fix
Taking daytime doses after meals?	Take daytime doses within 15 to 20 minutes of eating; the raft forms best over a full stomach. (A bedtime dose hours after dinner is still fine; no snack needed.)
Eating or drinking heavily right after a dose?	Dose after you've finished eating; wait a while before a large drink.
Taking a bedtime dose?	For nighttime and silent reflux, the bedtime dose is the most important one. Don't skip it.
Given it enough time?	About 2 weeks for heartburn and GERD; a full 8 weeks for LPR. A day or two isn't a fair test.
Consistent every day?	The barrier is maintained, not one-and-done. Missed days set you back, especially with LPR.
Lying down too soon after eating?	Stay upright for about 30 minutes after your bedtime dose; finish dinner about 3 hours before bed.
Using the nighttime habits?	Raising the head of the bed 6 to 8 inches and sleeping on your left side meaningfully boost overnight results.
Doses matched to your symptoms?	Shift capsules toward your worst window; more at bedtime if nights are hard, more after your largest meal if that's your trigger.

Still stuck after a fair, consistent trial with good habits? Reflux has many causes and no single approach suits everyone; talk with your doctor, since persistent symptoms sometimes deserve a professional look.

Silent reflux (LPR): specific directions

Does Refluxter work for LPR? How should I take it for silent reflux?

Yes, and LPR (laryngopharyngeal reflux) is where consistent use matters most. LPR shows up as throat symptoms such as chronic cough, hoarseness, frequent throat-clearing, or a lump-in-the-throat feeling, rather than classic heartburn, and it is harder to settle because what comes up isn't only acid: it carries pepsin and often weakly-acidic or even aerosolized (gaseous) reflux that reaches the throat. Because Refluxter's high-G-block sodium alginate forms a physical raft barrier, it can help hold back both liquid and gaseous reflux regardless of pH.

The LPR routine: take 2 capsules after every meal and 2 at bedtime, up to 8 capsules a day. The bedtime dose is **essential, not optional**; nighttime is when reflux reaches the throat most freely while you lie flat. This after-each-meal-and-at-bedtime schedule mirrors the dosing used in published clinical research on alginate therapy for LPR, where patients showed significant symptom improvement by the two-month assessment. That is why we recommend a full **8 weeks** of consistent use before judging results. If your first week feels unchanged, that is normal for LPR and not a reason to stop; stopping early is the single most common reason people feel it "didn't work." LPR should be properly diagnosed, so use Refluxter as part of a plan discussed with your clinician.

Medications, pregnancy, and who should check first

Can I take Refluxter with other medications, like PPIs?

For most medications the main thing to manage is **timing**, not a chemical interaction. Any pill taken at the same moment can get caught in the raft and have its absorption delayed until the raft dissolves (up to about 4 hours). Take other medications and supplements **30 to 60 minutes before Refluxter, or 4 hours after**. With proton pump inhibitors (PPIs): Refluxter can still form its raft as long as some acid remains in the stomach; a once-daily PPI reduces acid by about 70%, so most people still produce enough for the raft to work. Studies have shown that adding an alginate to a PPI regimen improves symptom control, and unlike PPIs and H2 blockers, Refluxter does not interfere with your body's natural production of stomach acid. Consult your physician or pharmacist for the right schedule with your specific medications.

Which medications need extra spacing from Refluxter?

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. If you take a thyroid medication in the morning, a bedtime Refluxter dose usually provides the separation naturally; just confirm it is 4 or more hours apart. Please consult your physician or pharmacist for the appropriate dosing schedule for your specific medications.

Does Refluxter contain iodine? Can I take it with thyroid disease?

Refluxter uses purified, high-grade sodium alginate from brown seaweed. While whole seaweed/kelp products can be high in iodine, purified sodium alginate is not intended to be an iodine source; any iodine present would be expected to be trace (estimated 0 to 0.01 mg per serving), though we do not specifically test for iodine and cannot guarantee its absence. If you have a thyroid condition and must strictly control iodine intake, discuss Refluxter with your healthcare provider.

Who should not take alginate products such as Refluxter?

Your Refluxter label carries two do-not-use warnings. Do not use Refluxter if you have an esophageal stricture or a swallowing disorder, or if you have an ileostomy or another condition that affects intestinal transit. Refluxter is a size 00 capsule that forms a swelling gel, so it could lodge in a narrowed esophagus; and alginate passes through the small bowel largely intact, so it is not suitable where intestinal transit is compromised. If either applies to you, talk with your doctor about other options.

Otherwise Refluxter is generally well tolerated, but consult your healthcare provider first if you:

- Have kidney disease or have been advised to follow a low-sodium diet
- Have high blood pressure and have been instructed to limit sodium intake
- Find capsules awkward to swallow, without a diagnosed swallowing disorder
- Have a known allergy or sensitivity to any ingredient
- Are under 18, unless advised by a healthcare professional

Refluxter contributes sodium (from sodium alginate and sodium bicarbonate) and calcium (from calcium carbonate); see the Supplement Facts on your bottle for the amounts. These are modest for most people, but worth accounting for on a restricted diet, especially at higher daily capsule counts. Seek prompt medical attention rather than self-treating if you have trouble or pain swallowing, food feeling stuck, unintended weight loss, vomiting, black or bloody stools, chest pain, or symptoms that keep worsening.

Can I take Refluxter during pregnancy, postpartum, or while breastfeeding?

Talk with your OB-GYN or healthcare provider before taking Refluxter, or any supplement, during pregnancy, postpartum, or while breastfeeding. Heartburn and acid reflux are very common during pregnancy. Alginate raft-forming products act locally in the stomach and are minimally absorbed; a systematic review of raft-forming agents in pregnancy reported no particular risks identified to date for mother or baby in any trimester, and alginate-based reflux products have been used by pregnant women in Europe for decades. Because every pregnancy is different, including considerations like sodium and calcium intake, your provider is the best person to decide whether Refluxter fits your situation.

Side effects and label questions

Will Refluxter make me feel bloated or full?

Some people notice mild fullness, pressure, or the urge to burp in the first 30 to 60 minutes after a dose, especially in the first few days. That's the raft forming, and it's the most common thing people notice early on.

The raft floats because it's filled with carbon dioxide, released when the sodium bicarbonate and calcium carbonate meet your stomach acid and then trapped in the alginate gel. That's the mechanism working as intended: the gas is what lifts the barrier to the top. It's a small amount, roughly a tenth of the gas in a can of soda, and the raft itself takes up a little room while it does its job. Burping some of it off is normal.

If your stomach is sensitive to feeling full, which is common among people with reflux, you may notice this more than others do. Two adjustments usually settle it, and neither changes *when* you take it:

- **Ease in rather than starting at full strength.** Take 1 capsule at each of your usual dose times instead of 2 for the first several days. You'll be taking less alginate overall to begin with. That's intentional, and it gives your system time to adjust. Once you're comfortable, add the second capsule back one dose at a time, starting with your bedtime dose, until you're at your normal serving. If the fullness comes back, hold at the level that felt fine for a few more days before trying again.
- **Use a full glass of water** with the capsules, and give it the full 15 to 20 minutes after eating rather than dosing immediately.

Keep taking Refluxter after your heaviest meals and before bed; that's exactly when the barrier matters most, and it's what Refluxter is for. Most people find this settles within the first week.

If you have pain rather than mild pressure, if it doesn't ease, or if it's severe, stop and check with your doctor or pharmacist.

Will Refluxter change my bowel habits?

Uncommonly, some people notice a change in the first days, either firmer stools (constipation) or looser ones (diarrhea). It doesn't signal a defect.

Sodium alginate behaves as a gel-forming soluble fiber, similar to psyllium. It holds onto water as it travels, and because stool consistency depends largely on water content, the effect depends on your own fluid intake: drink too little and the gel can't fully hydrate, so it stiffens and moves more slowly; drink enough and it stays soft and adds gentle bulk.

This is mainly a higher-dose effect. At 2 to 4 capsules a day you're taking in roughly 1 to 2 grams of alginate, below the level at which gel-forming fibers typically affect stool at all; it's at 6 to 8 capsules a day that a difference is more likely.

If you notice it, the fix depends on which direction you've gone. For firmer stools, try fluids first: a full glass of water with each dose and steady fluids through the day let the gel hydrate properly instead of stiffening. Fluids are the first move because they solve the problem without costing you any protection. If water alone does not settle it, ease back to 1 capsule per dose and build up again the same way. For looser stools, easing back to 1 capsule per dose is the fix from the start. Keep drinking water either way, but the reason changes: here you are replacing the water you are losing so you stay hydrated, not trying to firm anything up. Either way, take Refluxter after meals rather than on an empty stomach. **If you're not experiencing this, there's no need to change anything. The standard 2-capsule serving is right for you.**

If diarrhea is significant or lasts more than a couple of days, stop taking Refluxter and check with your healthcare provider. For anything else that feels severe, doesn't ease after a couple of weeks, or if you have kidney or blood-pressure concerns, pause and check with your doctor or pharmacist.

Why does the label have a California Proposition 65 warning?

The warning comes from California's Proposition 65, a state law requiring warnings on products that could expose consumers to more than very small amounts of certain listed substances. Prop 65's daily threshold for lead (0.5 mcg) sits far below other regulatory reference levels; for context, the FDA's Interim Reference Level is 8.8 mcg/day for females of childbearing age. A single Refluxter serving falls below the Prop 65 threshold; the warning applies because our flexible directions allow up to 8 capsules per day, and California requires the warning to reflect maximum suggested use. We chose to keep the flexible directions and provide the warning rather than limit how you can use the product. Every production run is tested for purity, including heavy metals, to meet strict industry regulations.

Does Refluxter contain allergens or gluten?

Refluxter is formulated without intentionally added gluten-containing ingredients, soy, wheat, peanuts, or tree nuts. It is not third-party certified gluten-free or allergen-free, and it is manufactured in a shared facility that processes other products containing common food allergens, so trace cross-contact cannot be ruled out. If you have food allergies, consult a healthcare professional before use.

Where is Refluxter made?

Refluxter is manufactured and packaged in the USA at an NSF GMP-Registered facility, independently audited against NSF/ANSI 455-2 Good Manufacturing Practices for dietary supplements. Raw ingredients are sourced globally and every production run is tested for purity to meet strict industry regulations. The capsules are vegan (plant-based hypromellose), sugar-free, preservative-free, and aluminum-free, with no artificial sweeteners.

Still need help?

If your question isn't covered here, two more documents are linked on the Resources page of our website. The Quick Start Guide, a 4-page setup walkthrough. The Complete Refluxter Handbook, the full 24-page reference. Our AI assistant Pragna can answer most questions. You can also reach our support team by emailing us at support@nutritist.us; we're happy to help.

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.