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Tums

Article type:

poison information

Access:

public



Tums: Chewable tablets which contain calcium carbonate. Used for the relief of acid indigestion and heart burn. Also used as a calcium supplement. Provided in a variety of strengths. The following information **applies to a one-time ingestion** of Tums (this information does not apply to taking **very large** amounts every day).

Is it toxic? May cause an upset stomach or constipation.

Health Effects:

Ingestion: Possible upset stomach and constipation.

What to do?

Ingestion: Upset stomach or vomiting usually subsides without any treatment. If constipation occurs, add fruit and fiber to your diet.

How can I prevent exposure? Keep out of reach of children. Return to safe storage immediately after use. Follow instructions re dosage on the label.

Need more information: Call the Poison Control Centre.

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Source URL (retrieved on 2022-07-01 13:53): <http://www.dpic.org/faq/tums>