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.