



ALGINIC ACID

Putting a Lid on Reflux!



A Different Approach to Reflux

Most reflux strategies try to:

- Reduce stomach acid
- Neutralize stomach acid
- Improve digestion or motility

**Alginate does something completely different.
It creates a physical barrier.**

What Is Alginic Acid?

Its salts—**alginates**—have an unusual ability to form a gel.

In reflux products, alginate reacts in the stomach to create a floating gel-like layer called a:

“RAFT”

Alginic acid is a naturally occurring polysaccharide obtained from **brown seaweed**.





The Alginate “Raft”

After a meal, stomach contents form a pool.

Alginate combines with gastric contents and forms a **low-density gel that floats on top.**

ESOPHAGUS

↑ reflux would travel here

ALGINATE RAFT ← protective barrier

STOMACH CONTENTS

The raft is positioned right where reflux originates.

The Alginate Raft

How a physical barrier stops acid reflux

ESOPHAGUS

LOWER ESOPHAGEAL
SPHINCTER

THE ALGINATE RAFT

A buoyant gel barrier that floats on top of stomach contents, preventing acid reflux.

ACID POCKET

Stomach acid and digestive fluids kept below the raft.

FOOD BOLUS

Partially digested food sits beneath the acid and raft layers.

PYLORIC
SPHINCTER

to small intestine

Why This Is So Clever

Reflux isn't necessarily caused by having **too much stomach acid**. (More often it's the opposite!)

The problem is that stomach contents are traveling **where they don't belong**.

Alginate doesn't have to shut down acid production.

It helps keep gastric contents in the stomach.

That's an entirely different strategy.

MR. HEALS

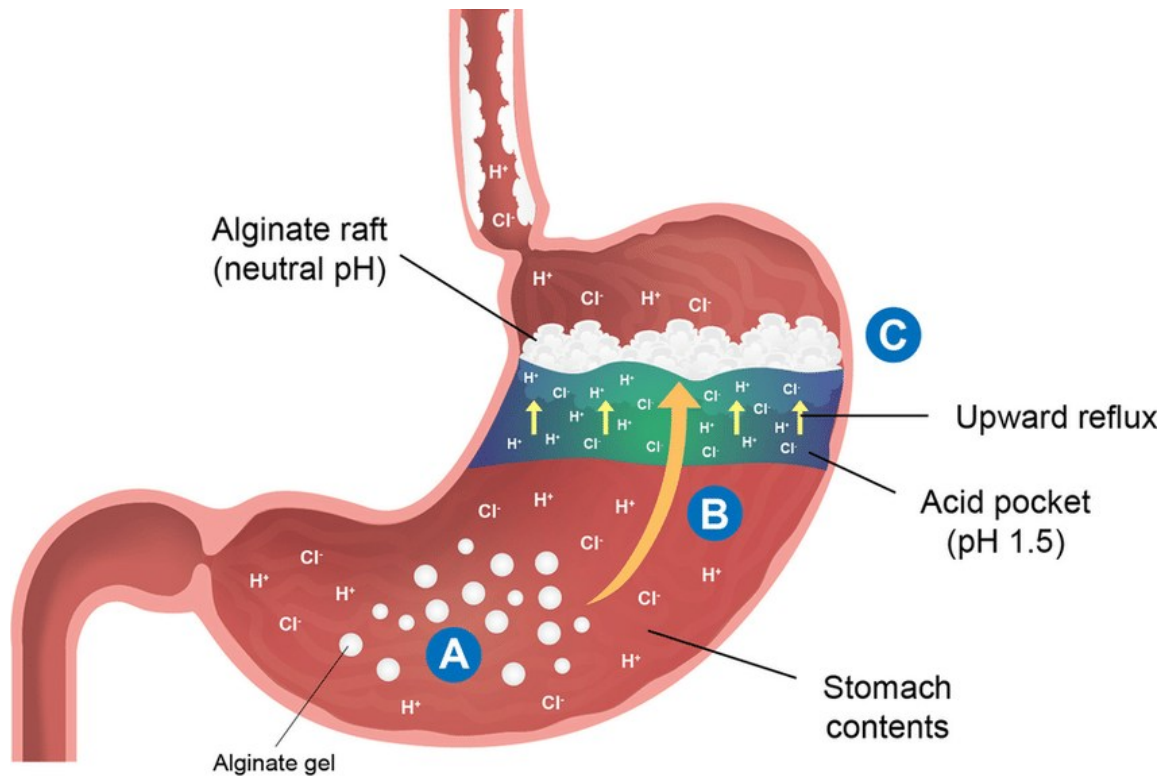
Clean Ingredients. Rogue Intent.

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The “Acid Pocket”



After eating, an especially acidic area can develop near the **top of the stomach**, close to the gastroesophageal junction.

This is sometimes called the:

POSTPRANDIAL ACID POCKET

Unfortunately, that's also an ideal location from which reflux can occur.

The alginate raft sits right on top of it.

This is one of the reasons alginate can be particularly useful **after meals**.

Not Just Acid!

This is important.

Refluxed material can contain more than hydrochloric acid:

- **Pepsin**
- Bile components
- Food and gastric contents

That matters particularly with **LPR** — **laryngopharyngeal reflux**, where material reaches the throat and upper airway.

Simply suppressing acid does not necessarily prevent the **physical reflux event**.

Alginate addresses the reflux mechanically.



GERD & LPR

Alginate therapy has been studied for:

GERD

- Heartburn
- Regurgitation
- Post-meal reflux

LPR

- Throat clearing
- Hoarseness
- Chronic cough
- Globus or “lump in the throat”
- Throat irritation

It can be used alone in some situations or alongside other reflux strategies.

Timing Makes Sense

Because we're trying to create a barrier **on top of stomach contents**, timing matters.

AFTER MEALS

and often

AT BEDTIME

That allows the raft to form when reflux is most likely to occur.

Specific dosing depends upon the particular alginate formulation.

Why This Has My Attention

What fascinates me about alginate is its simplicity.

Instead of asking:

“How do we stop the stomach from making acid?”

we can sometimes ask:

“How do we keep stomach contents where they belong?”

A seaweed-derived gel floating on top of the stomach contents may help do exactly that.