

## MORE QUESTIONS AND ANSWERS

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### How much sodium bicarbonate should I take daily?

Adults and teenagers—325 milligrams (mg) to 2 grams one to four times a day. Children up to 6 years of age—Dose must be determined by your doctor. Children 6 to 12 years of age—The dose is 520 mg.

### What Is the Dosage of Sodium Bicarbonate?

Adults taking sodium bicarbonate in noneffervescent powder form should take 1/2 tsp. in a glass of water every two hours. In tablet form, sodium bicarbonate can treat heartburn in children if given in a dose of 520 mg. This dose can be repeated once 30 minutes after the initial dose.

### Is Baking Soda the Answer to Acid Reflux?

The key to baking soda's ability to treat acid reflux lies in the ingredient sodium bicarbonate. In fact, your pancreas naturally produces sodium bicarbonate to protect your intestines.

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### Is there a lot of sodium in baking soda?

What Is the Sodium/Bicarbonate Content of Baking Soda? According to a manufacturer, each teaspoon of baking soda contains 4.8 g, corresponding to 59 mEq of sodium and 59 mEq of bicarbonate [1].

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### Is the sodium in baking soda bad for you?

The most common cause of baking soda toxicity is overuse. You should avoid using baking soda if you're following a low-sodium diet. One-half teaspoon of baking soda contains about one-third of your recommended sodium intake for the day. Ask your doctor if baking soda is a good alternative treatment for you.

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### Is baking soda the same as salt?

Sodium bicarbonate is formed by mixing carbon, sodium, hydrogen and oxygen molecules. This mixture, also known as baking soda, is actually a type of salt.

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