



Greenville ENT

Sodium Alginate Barrier Therapy Options



Reflux Gourmet



Reflux Raft



Khelp



Gaviscon Advance Liquid



Gaviscon Advance Tablets

Sodium Alginate Barrier Therapy: How It Works

Alginate products are made from natural compounds derived from seaweed. They work in a mechanical way, rather than by changing how much acid your stomach produces.

When you take an alginate after a meal, it reacts with stomach acid to form a thick, gel-like layer—often called a “raft.” This raft floats on top of the stomach contents and acts as a physical barrier between acidic stomach contents and the esophagus. By sitting on top of the stomach contents, it helps prevent acid and non-acid reflux from traveling upward and irritating the throat, voice box, and esophagus.

Because this is a physical barrier, alginate therapy works quickly—often within minutes—and does not need to be absorbed into your bloodstream to be effective.

Why Alginate Therapy Can Help

Provides fast, on-demand relief from reflux symptoms.

Works mechanically by blocking reflux, rather than reducing acid production.

Can be used safely alongside other reflux treatments when recommended by your provider.

Especially helpful for symptoms affecting the throat, voice, and airway.

When and How to Take It

For best results, alginate products should be taken after meals, when reflux is most likely to occur, and before lying down at night.

Typical schedule we recommend:

For the first month: Take after every meal and before bedtime.

After that: Take after dinner and before bedtime, or as directed based on your symptoms.

After taking your dose, try to remain upright for about 20–30 minutes if possible to allow the protective barrier to form and stay in place.

Important Notes

Follow the dosing instructions on your specific product and any guidance from your healthcare provider.

If you are pregnant, have kidney disease, or are taking multiple medications, ask your provider or pharmacist if alginate therapy is right for you.

If your symptoms persist, worsen, or include trouble swallowing, weight loss, or chest pain, you should contact your healthcare provider.