Calcarea Carbonica Fact Card: Remedy vs Supplement

FitInFlow.space · For information only, not medical advice. Sources: NIH Office of Dietary Supplements, MedlinePlus, CDC, NCCIH. Updated October 2026.

1. Same compound, different products

	Calcium carbonate supplement	Homeopathic Calcarea carbonica
Purpose	Provides dietary calcium	Matches a symptom and personality picture
Calcium content	About 40% of the compound is calcium	Trace in low potencies; none detectable beyond 12C
Evidence	Calcium is an essential nutrient	No reliable evidence of effect (NHMRC 2015, NCCIH)
Interactions	Yes: see section 3	Not expected at high dilution

2. NIH upper limits for calcium from all sources (mg per day)

Age	0-6 mo	7-12 mo	1-8 yrs	9-18 yrs	19-50 yrs	51+ yrs
Upper limit	1,000	1,500	2,500	3,000	2,500	2,000

Pregnancy and breastfeeding: same as the age group (3,000 mg at 14-18 years; 2,500 mg at 19-50 years).

3. Calcium supplement interactions to ask your pharmacist about

Medicine	What happens	Typical advice on the label
Levothyroxine (thyroid hormone)	Calcium carbonate can reduce absorption	Separate by at least 4 hours
Quinolone antibiotics (e.g. ciprofloxacin)	Calcium reduces absorption	Antibiotic 2 hours before or after calcium
Dolutegravir (HIV medicine)	Calcium lowers blood levels	2 hours before or 6 hours after calcium
Lithium	Long-term use with calcium may raise calcium levels	Ask your doctor

Calcium carbonate absorbs best with food. Common side effects: gas, bloating, constipation.

4. Symptoms in the classical Calcarea picture that need a doctor

[ ] Tiredness, weight gain, feeling cold, constipation, puffy face: ask about a thyroid blood test

[ ] Swollen glands lasting several weeks, hard or fixed, or with fever, night sweats or weight loss

[ ] A child walking or teething late, or missing any milestone: CDC says act early, do not wait and see

[ ] A child eating dirt, chalk or paint chips: tell the doctor (iron deficiency or lead exposure)

[ ] Persistent fear, low mood or feeling overwhelmed: talk to a doctor or mental health professional

[ ] Infections that keep coming back

5. Before using any homeopathic product

Never replace medical care, thyroid medicine, calcium or vitamin D with a remedy. Tell your doctor and pharmacist about everything you take. Check pellets for lactose or sugar. No homeopathic product is FDA-approved or evaluated for effectiveness.

This card contains no remedy doses or potencies for any condition.