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*Over the Counter Medications vs. Herbal Remedies: Which Is More Potent?*

My data showed that Alka Seltzer raised the pH level of the “stomach” the most. Tums raised the pH level the second most. Both herbal remedies caused a very small difference in the pH level, and did not prove to be very potent. But, the over the counter medications may have worked too well, bringing the pH of the stomach to a very basic level that is unhealthy. A healthy pH level for the stomach is 2 or 3, and the medicine brought the pH to a 5 or 6. This can cause problems in the digestion process by not allowing the stomach to break down food. And although over the counter medications are more potent than herbal remedies, they are not necessarily better in treating indigestion.