

**A supplement of
potassium citrate
reduced formation of
kidney stones 12-fold
over the next 3 years...**

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

***... from an average of
1.2 kidney stones per year to
0.1 kidney stones per year.***

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

***Hi, this is
Larry Hobbs @ Fatnews.com***

To say this in another way...

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

**... people were
12 times less likely
to get a kidney stone
while taking potassium citrate.**

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

***The study involved 57 patients
who had 2 or more kidney
stones in the previous 2 years.***

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

**Roughly three-fourths (72%)
of the patients receiving
potassium citrate for 3 years
(13 of the 18 patients),
had NO kidney stones.**

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

“In contrast, 20 patients taking placebo medication for 3 years showed no significant change in stone formation rate (1.1 to 1.1 per patient year)”

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

***“... and in only 4 patients (20%)
[who were given a placebo]
was the disease in remission.”***

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

***The dose of potassium citrate
used was 30-60 mEq.***

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

**30 mEq of potassium citrate
equals
3080 mg of potassium citrate.**

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

**60 mEq of potassium citrate
equals
6160 mg of potassium citrate.**

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

**Potassium citrate is
38% potassium, so
3080 mg (30 mEq) contains
1170 mg of potassium and
1910 mg of citrate.**

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

**60 mEq of potassium citrate
(6160 mg) contains
2340 mg of potassium and
3820 mg of citrate.**

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

Citrate is a precursor to bicarbonate in the body...

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

... therefore, I imagine that potassium bicarbonate would also reduce kidney stones just like potassium citrate did in this study.

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

There are a few epidemiological study showing that people who consume more potassium-rich foods are less likely to get kidney stones.

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

***One reason I am talking about
this is for friends who have had
kidney stones.***

I have taken potassium bicarbonate since 2000 for blood pressure, and my blood pressure dropped roughly 20 points to 121/72 mm Hg.

***For millions of years,
we consumed
a lot more potassium,
a lot more bicarbonate,
a lot less sodium,
and a lot less chloride.***

Potassium bicarbonate has been shown to have many benefits including:

- a decrease in bone loss***
- a decrease in muscle loss***
- an increase in growth hormone***

***One paper also
suggested the idea that
increasing potassium intake
might
decrease the risk of cancer.***

Study Abstract

“In an attempt to document the efficacy of potassium citrate in stone formation, 57 patients with active lithiasis (2 or more stones during the

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

Study Abstract

“... preceding 2 years) and hypocitraturia were randomly allocated into 2 groups, with 1 group taking 30 to 60 mEq potassium citrate daily...

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

Study Abstract

“... in wax matrix tablet formation and the other group receiving placebo.

In 18 patients receiving potassium citrate for 3 years...

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

Study Abstract

**“... stone formation
significantly declined after
treatment
- from 1.2 +/- 0.6
- to 0.1 +/- 0.2 per patient...”**

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. *J Urol.* 1993 Dec, 150(6):1761-64.

Study Abstract

**“... year ($p < 0.0001$),
- in 13 patients (72%) the
disease was in remission and all
patients showed a reduced
stone formation rate...**

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

Study Abstract

“... individually.

In contrast, 20 patients taking placebo medication for 3 years showed no significant change in stone formation rate...

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. *J Urol.* 1993 Dec, 150(6):1761-64.

Study Abstract

“... (1.1 +/- 0.4 to 1.1 +/- 0.3 per patient year) and in only 4 patients (20%) was the disease in remission. The stone formation rate during...

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

Study Abstract

“... potassium citrate treatment was significantly lower than during the placebo treatment (0.1 +/- 0.2 versus 1.1 +/- 0.3 per patient year...”

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

Study Abstract

“... $p < 0.001$).

**Potassium citrate therapy
caused a significant increase in
urinary citrate, pH and
potassium, whereas placebo...**

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

Study Abstract

“... did not.

Adverse reactions to potassium citrate were mild causing only 2 patients in the potassium citrate group and 1 in the...

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

Study Abstract

**“... placebo group
to withdraw from the study...”**

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

Study Abstract

“... In summary, our randomized trial showed the efficacy of potassium citrate in preventing new stone formation...”

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.

Study Abstract

“... in idiopathic hypocitraturic calcium nephrolithiasis.”

Barcelo P, Wuhl O, Servitge E, Rousaud A, Pak C. Randomized double-blind study of potassium citrate in idiopathic hypocitraturic calcium nephrolithiasis. J Urol. 1993 Dec, 150(6):1761-64.