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

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

Hi, this is
Larry Hobbs @ Fatnews.com
To say this in another way... 

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

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

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

“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)

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

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

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

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

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

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

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

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

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

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

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

“... in wax matrix tablet formation and the other group receiving placebo. In 18 patients receiving potassium citrate for 3 years...”

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

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

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

“... (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...

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

Potassium citrate therapy caused a significant increase in urinary citrate, pH and potassium, whereas placebo...
Adverse reactions to potassium citrate were mild causing only 2 patients in the potassium citrate group and 1 in the...
... placebo group to withdraw from the study....

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

“... in idiopathic hypocitraturic calcium nephrolithiasis.”