



# Hydrochloric Acid Supplement Recommended Dosage Challenge

## Take mid-meal!

Begin by taking one HCl supplement (150 mg betaine hydrochloride tablet or 700 mg capsule) between the middle and the end of each meal and increase by one tablet per meal, every three days until a feeling of warmth in the stomach or burning sensation (like heartburn) occurs \* within 10 minutes of ingesting the supplement.

Quell the burning sensation by sipping a solution of 1 tsp. baking soda in 4 oz. room temperature water, by chewing 2-3 tablets of a calcium supplement and swallowing with a small amount of water, or by using an over the counter antacid remedy like Tums.

The *last* dosage that was comfortable to you will be your per-meal dose of supplemental HCl.

### EXAMPLE:

Day 1-3: 1 per meal

Day 3-6: 2 per meal

Day 7-10: 3 per meal

Day 11-13: 4 per meal, etc.

If warming or burning sensation occurs on Day 11, then your recommended dose is 3 per meal. Please note that as your digestion improves, a burning sensation will occur with your current dosage, an indicator to drop down one supplement per meal.

**NOTE:** When determining the proper HCL supplement dosage:

If burning sensation occurs *1/2 hour or more after the meal*, then you **HAVEN'T TAKEN ENOUGH HYDROCHLORIC ACID; increase dose by 1 per meal to enhance digestion.**

If burning sensation occurs *within 5 minutes* of ingesting the acid, then you have **TAKEN TOO MUCH HYDROCHLORIC ACID; reduce dose by 1 per meal.** Eat a few bites to utilize the HCL and to reduce discomfort.

\*The *typical* reaction beyond tolerance is a feeling of warmth or feeling like heartburn. HOWEVER, other possible indicators are gastric distress, a gurgling feeling, or other type of discomfort. Please be aware of these other possibilities. Also, if a meal contains less animal

protein, you will likely require less HCl. The more animal protein, the greater the need for hydrochloric acid.

\*\* If a burning sensation occurs within 5 minutes after taking JUST ONE tablet, please inform me right away as additional, preliminary stomach healing agents may be indicated.

\*\*\* If you take 5 of the Hydrozyme and still feel no warming or burning sensation, we recommend you switch to a stronger formula called Betaine Plus HP. Determining your need/tolerance for HCl is crucial for proper digestive capacity.