



FUNCTIONAL WELLNESS AND CHIROPRACTIC CENTER

Stomach Acid Challenge

In your digestive system, hydrochloric acid is designed to break down the food you eat. When this stomach acid becomes depleted, proper digestion will be inhibited and nutrient and mineral absorption will be decreased. To help replenish hydrochloric acid stores, tablets of Betaine HCL can be used as supplementation as well as determining whether hydrochloric acid levels are suboptimal. The Stomach Acid Challenge helps you safely restore your stomach acid to an optimal level.

Instructions:

- Take 1 capsule of Betaine HCL at the end of your meal.
- If you do NOT feel a warming sensation in your stomach, take 2 Betaine HCL tablets at the end of your next meal.
- Continue increasing the dosage by 1 capsule until you notice a slight warming or feelings of discomfort in your stomach OR you are taking 6 Betaine HCL tablets at each meal.
- Your therapeutic dose is 1 capsule below when discomfort occurred.
- Continue with your therapeutic dose at each protein-containing meal.
- As your stomach heals, your therapeutic dose of Betaine HCL tablets will continue to decrease. Over time you will begin to feel discomfort at your therapeutic dose. When this occurs, decrease your Betaine HCL tablets by 1 capsule. This is your new therapeutic dose.
- Continue this pattern until you feel burning or discomfort with 1 capsule. Then decrease to $\frac{1}{2}$ a capsule at this time.
- Once symptoms begin at the dosage of $\frac{1}{2}$ a capsule, Congratulations!!!! You have now re-established the optimal level of HCl in your stomach and completed your Stomach Acid Challenge.

NOTE: When taking a serving of Medical Foods or a meal/snack containing only a small amount of protein, you may need to take only $\frac{1}{2}$ your current therapeutic dose of Betaine HCL tablets. Examples include: a hard boiled egg, rice and vegetables, yogurt, a snack of fruit/nuts.