

Stomach Acid Challenge

1. Begin by taking one 350–750 mg capsule of betaine HCl with a protein-containing meal. A normal response in a healthy person would be discomfort—basically heartburn. If you do not feel a burning sensation, begin taking two capsules with each protein-containing meal.
2. If there are no reactions after 2 days, increase the number of capsules with each meal to three.
3. Continue increasing the number of capsules every 2 days, using up to eight capsules (or as your healthcare professional suggests) with each meal if necessary. These dosages may seem large, but a normally functioning stomach manufactures considerably more. You'll know you've taken too much if you experience tingling, heartburn, diarrhea, or any discomfort, including unease, digestive discomfort, neck ache, backache, headache, or any new odd symptom. If you experience tingling, burning, or any symptom that is uncomfortable, you can neutralize the acid with 1 tsp baking soda in water or milk.
4. When you reach a state of tingling, burning, or any other type of discomfort, cut back by one capsule per meal. If the discomfort continues, discontinue the HCl and inform me. You can mitigate this feeling by eating protein or taking zinc.
5. Once you have established a dose (up to 8 capsules or less, where no warmth or heaviness occurs), continue this dose.
6. With smaller meals, you may require less HCl so you may reduce the number of capsules taken.