

## HCL SUPPLEMENTATION

1. Swallow 1 capsule of Betaine HCL with every large meal.
2. The next day, take 2 capsules of Betaine HCL with every large meal.
3. Do this until you are taking 7 capsules of Betaine HCL with every large meal or stop at the dose that causes some warmth or a slight burning sensation in your stomach. This slight burning indicates that the stomach tolerance of HCL has been achieved.
4. If your stomach feels too irritated, swallow 1tsp of baking soda dissolved one a glass of water for immediate relief.
5. When you start to feel the warmth in your stomach you know that the individual dose of HCL has been achieved. If you found that the warmth occurred when taking 5 capsules then your therapeutic dose will be 4 capsules with every large meal and 2-3 with every small meal.
6. As your stomach starts to regain its ability to make more HCL on its own, you may reach stomach tolerance at smaller doses.
7. Back down by 1 capsule at this time until the warmth occurs again at which point you will back the dose down another capsule. For example if you feel warmth at 4 capsules, at the next meal back it down to 3 capsules/meal. When you feel warmth at 3 capsules, back it down to 2 capsules/meal. This will continue until you no longer need to supplement.
8. It takes between 3 and 12 months for normal stomach acid production to come back.
9. Do not open capsules and sprinkle powder on food, as HCL will be very corrosive to teeth when taken this way.