



Instructions for the Betaine HCl self-test for low stomach acidity

This test will help determine if you have low stomach acidity, and will help you to determine your correct dose for supplementation to improve digestion:

Instructions:

- Find a bottle of Betaine HCl at 200-500 mg strength, a formulation that has includes pepsin or pepsinogen in it as well (this is a digestive enzyme that will be synergistic in helping your digestion).
- **15 minutes** prior to eating a main meal (with protein) **take one capsule**.
- Within about 15 minutes of taking the Betaine HCl you might feel a warm sensation, like you just drank a hot cup of tea (or it might feel like a burn).
- If you feel this sensation, you can stop: *you have adequate stomach acidity*.
- If you have *insufficient* stomach acidity (a.k.a. hypochlorhydria) you will feel no sensation.
- Proceed with eating your meal.
- At the next meal, repeat these steps, but with 2 capsules. Continue increasing the dose by one capsule per meal until you get the warm/burning sensation, then back off by one capsule.

Your stomach acidity may normalize with treatment over a period of weeks to several months. As it normalizes, you may begin to notice the warm sensation at your current dose, in which case you would taper back by one capsule and then continue at that dose until the sensation returns, and continue tapering in this way.

For some individuals with extreme stress levels, they remain reliant upon Betaine HCl as a supplement.