

HCL CHALLENGE

Hydrochloric Acid Supplement Recommended Dosage Challenge

A WORD OF CAUTION BEFORE BEGINNING THE HCL CHALLENGE

Everyone is a *bio-individual*, meaning that not every person will experience the same symptoms or reactions as another. Therefore, if you experience any discomforting symptoms or reactions, please stop the HCl Challenge and consult with your Nutritional Therapy Practitioner or Nutritional Therapy Consultant.

HOW TO DO THE HCL CHALLENGE

Always take your HCl supplements with meals. Begin by taking one HCl supplement capsule or tablet per meal per day, and increase by one capsule/tablet per meal per day until a feeling of warmth in the stomach or burning sensation (heartburn) occurs within 5 minutes of ingesting the supplement. Quell the burning sensation by sipping a solution of 1 teaspoon of baking soda in 4 ounces 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 which was comfortable to you will be the initial per-meal dose of supplemental HCl.** For example:

- Day 1: One per meal
- Day 2: Two per meal
- Day 3: Three per meal
- Day 4: Four per meal

If a warming or burning sensation occurs at 4 tablets or capsules, then your recommended dose is 3 per meal.

TIPS FOR DETERMINING THE PROPER HCL DOSAGE

When determining the proper HCl dosage:

- If burning sensation occurs a half hour or more after the meal, then you haven't taken enough HCl; increase dose by 1 per meal to enhance digestion.
- If burning occurs within 5 minutes of ingesting the acid, then you have taken too much HCl; reduce dose by 1 per meal. Eat a few bites to utilize the HCl and to reduce discomfort.
- If a burning sensation occurs within 5 minutes after taking just one tablet/capsule, inform your Nutritional Therapy Practitioner or Nutritional Therapy Consultant as additional stomach healing agents may be indicated.
- If you take 7 high dose capsules (≈700mg per cap) and still feel no warming or burning sensation, inform your Nutritional Therapy Practitioner or Nutritional Therapy Consultant as additional digestive aid nutrients such as enzymes or pituitary support may be indicated.