

HYDROCHLORIC ACID SUPPLEMENT RECOMMENDED DOSAGE CHALLENGE

A word of caution before beginning the HCL Challenge:

*We teach and believe that everyone is a Bio Individual meaning that every person will not 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.*

TAKE WITH MEALS!!!

Begin by taking one HCL supplement capsule/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 tsp. baking soda in 4 oz. 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.

EXAMPLE:

Day 1 - 1 per meal

Day 2 - 2 per meal

Day 3 - 3 per meal

Day 4 - 4 per meal

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

***Note:** When determining the proper HCL supplement dosage:

- If burning sensation occurs *½ hour or more after the meal*, then you **HAVEN'T TAKEN ENOUGH HYDROCHLORIC ACID; 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 HYDROCHLORIC ACID; 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 as additional stomach healing agents may be indicated.**

*****If you take 7 of the high dose capsules (700mg per cap) and still feel no warming or burning sensation, additional digestive aid nutrients such as enzymes or pituitary support may be indicated.**

