

How to Take the Hydrochloric Acid Deficiency Test

You should NOT take this test if:

- You currently have ulcers
- You have a past history of ulcers
- You have any type of stomach or esophageal erosion
- You are currently taking antacids or acid blocking medications (stop for at least a week)

INSTRUCTIONS

Typically the symptoms of low stomach acid are a sensation of bloating, distention and gas after a full meal. To determine how many HCL capsules you require start by taking ONE capsule at the beginning of a full meal. If you have any heartburn, stomach irritation or a sensation of warmth or pressure in your stomach; you likely do not have low stomach acid. You can take an antacid tablet at this point to relieve symptoms.

If you did not have any heartburn sensations then at your next full meal take TWO HCL capsules and see how you feel. Continuing increasing the number of HCL capsules taken at subsequent full meals until you feel heartburn, stomach irritation or a sensation of warmth or pressure in your stomach. You have then reached your limit.

Take ONE less tablet as your supplement dose prior to full meals. You can repeat the test yearly or if you feel there has been a change in your symptoms.

On a permanent basis you could take a supplement with HCL and digestive enzymes with full meals to help with digestion.