

The Betaine HCL Challenge Test

1. In the middle of a meal containing at least 20 grams of protein, take one [Betaine HCL capsule](#).
2. Carefully monitor your body's response for the next hour.
3. A burning sensation in the stomach can indicate adequate HCL levels. No reaction can indicate low HCL.

This is one of the few tests where a reaction is actually a good thing. If you didn't notice a difference from taking one capsule, you probably have low stomach acid. A person with adequate stomach acid would notice a burning or heavy feeling in the stomach after taking unnecessary HCL.

From here, take one additional [Betaine HCL capsule](#) with each protein containing meal until until you notice a slight burning sensation within an hour. At this point go down to the next lower dose. This will be your maintenance dose.