

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

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Supplementing With Hydrochloric Acid

1. Take one capsule containing 8-10 grains of betaine hydrochloric acid and about 1.5 grains of pepsin at your next large meal. At each subsequent meal of equivalent size, take one additional capsule.
2. Continue to increase the dose in this manner until you have reached 5 capsules or until you experience a sensation of heaviness or a feeling of warmth in the stomach lower sternum, whichever comes first.
3. When taking several capsules, it is best if the dose is divided and taken at the beginning, middle and end of the meal.
4. A sensation of heaviness or warmth probably indicates that you have supplemented with more HCl than you require to digest the meal. In this case, reduce the number of capsules by one at subsequent meals
5. Once you have established a dose (either 5 capsules or less if warmth or heaviness occurs) continue this dose.
6. It is common that, as your stomach regains the ability to produce an adequate concentration of HCl, you will require less HCl to properly digest your food. If over time, you experience warmth or heaviness at a dose that previously did not cause these sensations, then this is an indication to reduce your dose.
7. With smaller meals, you may require less HCl so you may reduce the amount of capsules taken.
8. Individuals with very moderate HCl deficiency generally show rapid improvement in symptoms and have early signs of tolerance to the acid. This typically indicates a return to normal acid secretion.
9. Individuals with low HCl/Pepsin typically do not respond as well to botanicals and supplements, so, to maximize the absorption and benefits of the nutrients prescribed, it is important to be consistent with you HCl/pepsin supplementation.
10. If, at any time, you experience a burning sensation, discontinue HCl supplementation and notify your health care provider.

Precautions: Administration of HCl/Pepsin is contra-indicated in peptic ulcer disease. HCl can irritate sensitive tissue and can be corrosive to teeth; therefore, capsules shouldn't emptied into food or dissolved in beverages.