



HCl Provocation Instructions

<http://www.wellgi.com>



This test helps you determine the appropriate level of hydrochloric acid supplement to take for optimal digestion. Do not complete this test, if you have ulcers or other GI issues without discussing it with your healthcare professional first.

The HCl test is important to determine if your heartburn is from low stomach acid, yes not enough stomach acid can cause the same symptoms as too much stomach acid...

Instructions:

Begin by taking 1 capsule of betaine hydrochloride (BH) before your largest meal of the day. You may feel a burning or warming sensation in your stomach or upper abdomen or as though you have indigestion. Any reaction of this nature indicates that you have sufficient BH and that you should stop taking the BH. Repeat the test early since stomach acid levels tend to decrease with aging and chronic stress.

If no reaction is felt after taking one capsule of BH, repeat the process the following day with 2 pills before your largest meal. If you still do not feel anything, continue to increase by one pill per day until you feel any change in your digestive system or you reach the maximum of 14 pills.

Once you reach the point at which you feel the warming or burning sensation back off by 1 capsule and use that number as your daily dosage for meals. Remain at this number of capsules daily until the warming sensation returns. When the sensation returns decrease by 1 capsule until the sensation stops, a reverse of the original test. Continue to decrease in this manner by one pill each time you feel the warming sensation. Being able to wean down means that your body is restoring its ability to increase stomach acid levels.