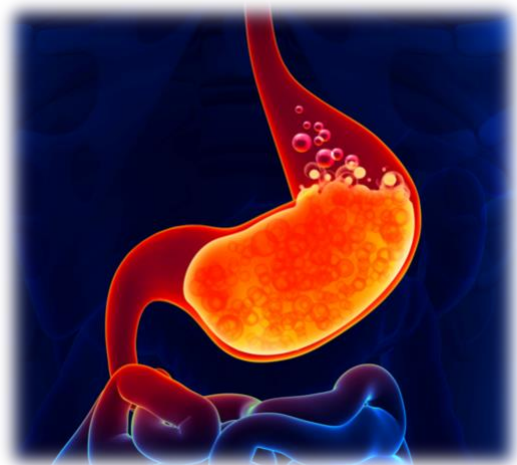


Using Betaine HCL



Betaine hydrochloric acid (HCL) is a dietary supplement which works in a similar way as the hydrochloric acid in your stomach. Low stomach acid can impair nutrient absorption (calcium, magnesium, iron and B12) potentially leading to deficiencies, impacting digestive function and increasing the risk of gut infections. Taking Betaine HCL can be an effective way of increasing your stomach acid.

When using Betaine HCL with Pepsin for the first few times, please be sure to follow the directions carefully. Always take Betaine HCL at the start of the meal! If taken without food, stomach burning may result.

Stage 1

At the very start of the meal, take one capsule of Betaine HCL.

Monitor how your stomach feels during and after eating.

Should any burning or heaviness occur, or if burning has been present previously (before taking the supplement) and is now worsened with the use of the Betaine HCL, do not continue the use of the Betaine. This is an indication that your stomach is overproducing acid, or that your stomach lining may be stressed.

Stage 2

If the first dose of Betaine HCL produced no noticeable stomach discomfort, try taking two capsules at the start of your next meal, again monitoring for burning and or heaviness during and after eating.

If taking two capsules produces some discomfort, but one capsule does not, restrict yourself to one capsule at the start of each meal.

If the two capsule dose produces no discomfort, try three capsules at the start of your next meal.

Stage 3

If all goes well when taking three capsules at the start of each meal, stay with that dosage, most individuals will not require increasing the dosage to four capsules. Regular use of supplemental hydrochloric acid will, in most cases "re-train" the stomach to produce higher concentrations of acid on its own. This process may take anywhere from several weeks to several months, depending on the individual. The most significant indication that acid production is improving is that Betaine HCL supplementation can no longer be comfortably tolerated and you will have a warm sensation after taking the supplement.