

HYDROCHLORIC ACID SUPPLEMENTATION

Patient Instructions

1. Begin by taking one hydrochloric acid (HCl) capsule/tablet with your next large meal. It is generally preferable to take the supplement during the meal as opposed to before or after the meal. At every meal after that of the same size take one more capsule/tablet. (One capsule/tablet at the next meal, two at the meal after that, then three at the next meal.)
2. Continue to increase the dose until you reach seven capsules/tablets or when you feel a warmth in your stomach, whichever occurs first. A feeling of warmth in the stomach means that you have taken too many capsules/tablets for that size meal. At the next meal take one less. After you have determined the largest dose that you can take at your large meals without feeling any warmth, maintain that dose at all meals of similar size. With a smaller meal, you may find that you need to take fewer capsules/tablets.
3. When taking several capsules/tablets, it is best to take them throughout the meal, rather than all at once.
4. There is a possibility that your stomach will regain the ability to produce the amount of HCl needed to properly digest your food. In that case, you may notice the warm feeling again and will have to cut down the dose level.
5. Report your results at your next appointment. If you have any questions regarding these instructions, please call the Center.