



BETAINE HCL Dosage Protocol

Dosage of Betaine HCL can vary from person to person, depending on the level of stomach acid you presently have. For optimal results it is important to find your proper dosage. Please use the following steps to find that dosage:

1. Start by taking **1 capsule** of Betaine HCL after the **FIRST BITE** of **EACH** meal.
2. Finish the meal as normal and observe your body for any changes in how your stomach feels. Things to look for: heaviness, hotness, burning or other GI stress. (If you experience these symptoms you will need to **STOP** the Betaine HCL for **2 weeks** and take only the Digestive Enzymes. After **2 weeks** you may test yourself again.)
3. Stay at this dosage of 1 capsule per meal for **2 days**. If you have no symptoms, increase to **2 capsules per meal** for the **next 2 days**, again observing for any GI discomfort.
4. Continue to **increase** the number of capsules by **1 every 2 days** until you notice some discomfort as described in step # 2 or until you get to **6 capsules**. Stay on 6 per meal & look for discomfort. May take several days.
5. When you experience discomfort, your Betaine HCL dosage will be **1 capsule less** than the dosage that caused discomfort. For example, you increased to 5 capsules with each meal and experienced discomfort your dosage will be 4 capsules per meal.