

Instructions for the use of Betaine HCL:

Capsule dimensions: (10 Grains) 649mg. with Pepsin (1:3000) ratio

Take 1 capsule at the beginning of the first meal, adding one capsule with each meal until a warmth is felt in the stomach toward the end of the meal or within ten minutes after the meal. If no warmth is felt with the first capsule, take 2 capsules with the second meal. Continue to follow this pattern, up to a **maximum of 7 capsules**.

Once you feel warmth or a slight burning/indigestion sensation in the stomach, you have gone over the amount needed, so back off one capsule, and this will be the dosage you need until you feel warmth again.

Example: If you feel warmth in the stomach at 4 capsules, then back down to 3 capsules with each meal.

If you reach 7 capsules with no feeling of warmth in the stomach DO NOT increase dosage any higher. This is the maximum dosage.

Do not take betaine with a small snack such as an apple or banana, but only with meals containing high proteins, such as meat.

At some time in the future, you will begin to feel warmth again at your normal dose. This is good. It means your stomach is beginning to normalize stomach acid production, so simply back off one more capsule. If you later feel warmth again, back off one more capsule. Eventually, you will wean off the supplement entirely as your body heals and begins to produce a natural amount of stomach acid.