

HCL Challenge Test

Days 1 – 3

Take 1 HCL Plus, Hydrochloric acid Tablets per meal.
one with breakfast, lunch and dinner for three days.

Days 4 – 6

Take 2 HCL Plus, Hydrochloric acid Tablets per meal.
two with breakfast, lunch and dinner for three days.

Days 7 – 9

Take 3 HCL Plus, Hydrochloric acid Tablets per meal.
three with breakfast, lunch and dinner for three days.

So basically, every three days you are increasing by one hydrochloric acid tablet per meal until you feel a warm, sort of flush in your stomach. It's called an HCL Flush.

The HCL Flush doesn't feel like a burning sensation. It feels kind of like a niacin flush. Just like a warm heat has rinsed over the outside of your stomach.

Once you feel this warm HCL Flush, you reduce the amount you are taking by 1 tablet.

For Example: If you were taking three tablets per meal and you didn't feel anything and you added in the fourth one and you did feel it then you would back down to three, and three is where you are supposed to be for every meal.

The company that I would buy the **HCL Plus** (product code is 1230) from is a company called Biotics Research. Their phone number is 800-231-5777. You have to call them to place the order, they don't sell their products online, and you have to give them this patient account number to open your own account so that you can order from them directly: 05TD9354

About every three months you can come off of the Hydrochloric acid tablets for about a week or two and redo the HCL Challenge Test and see if you still need it.

Note: *If you take the very first tablet and you feel any kind of pain or burning, then that means that the lining of your stomach is compromised, or you may have an ulcer or a hole in your stomach or an active H. Pylori infection, which is a bacterial infection in your stomach.*

Note: *If you got up to about four tablets and you still don't feel anything then you would probably feel best going up to the next strongest formula called **Betaine Plus**, again from Biotics Research. Taking 1 Betaine Plus is like taking five or six of the smaller tablets.*