

The Betaine HCL Challenge test

The Betaine HCL Challenge test is the easiest and most affordable way to assess hydrochloric acid levels and it can also tell you how much supplementation would be needed.

1. Purchase a bottle of betaine hydrochloride tablets with pepsin.
2. Take one tablet with a meal. If this results in burning in the abdomen area and/or indigestion, then you are producing enough hydrochloric acid and no supplementation is needed. If this does not generate burning or indigestion, then proceed to the next step.
3. Take two tablets of HCL with a meal. If burning and indigestion develop, then this indicates that one tablet is sufficient to replenish your HCL levels. If no burning or indigestion develops, then proceed to the next step.
4. Take three tablets of HCL with a meal. If burning and indigestion develop, then this indicates that two tablets are sufficient to replenish your HCL levels. If no burning or indigestion develops, then proceed to the next step.
5. Continue to increase tablets of HCL until you find the dose that works right for you.

Repeat the test a couple of times on different days just to confirm.

Please note that HCL should never be taken on an empty stomach.

There is a lab test for HCL called the Heidelberg test, but it's a lot more expensive than a bottle betaine HCL.