

Home Test for Stomach Acid Production

Baking Soda Challenge Test

Dissolve ¼ tsp baking soda in 4 oz (½ a cup) of water. Drink the whole amount on an empty stomach. Begin a timer immediately, and observe how long it takes you to belch. Record results. Repeat 4 times. Leave at least half a day between tests.

Date	Test Number	Time until first burp (minutes)
	1	
	2	
	3	
	4	
	5	

< 2 min = normal; 2-5 min = low to normal; > 5 min = possible hypochlorhydria

* Email your results to your practitioner for guidance before proceeding to Test 2.

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Betaine HCl Test

Perform this test after recommendation from your healthcare provider.

This test is most accurate when done during the largest meal of the day. Ideally this is a high protein meal.

In the middle of your meal, take one capsule of HCl. Watch for a feeling of heat or acidity (some say this sensation is similar to heartburn). If no sensation is observed, take 2 capsules the next day. Continue increasing the number of capsules daily until you feel the warm sensation, to a maximum of 5 capsules. Do not increase further. Your dose of HCl will be one capsule less than the amount at which you felt burning. If you have any questions, contact your care provider with your results and they will advise you on the correct dose of HCl.

Date	Number of capsules	Date	Number of capsules
			do not exceed 5 capsules

Please contact your care provider with your results.

Note: Each capsule in this kit contains 500mg Betaine Hydrochloride and 100mg Fennugreek Seed.