

## Appendix 6

### Hydrochloric acid supplementation – patient instructions

1. Begin by taking one hydrochloric acid (HCl) capsule (10 grains) at your next large meal. At every meal after that of the same size take one more capsule (one capsule at the next meal, two at the meal after that, then three at the next meal, and so on).
2. Continue to increase the dose until you reach seven capsules or you feel a warmth in your stomach, whichever occurs first. A feeling of warmth in the stomach means that you have taken too many capsules for that size of meal. Take one less. However, it is a good idea to try the larger dose again at another meal to make sure that it was the HCl that caused the warmth and not something else.
3. After you have determined the largest dose that you can take at your large meals without feeling any warmth, maintain that dose at all meals of similar size. Take fewer capsules with smaller meals.
4. When taking several capsules, it is best to take them throughout the meal, rather than all at once.
5. As your stomach begins to regain the ability to produce the amount of HCl needed to properly digest your food, you will notice the warm feeling again. This is the time to start decreasing the dose level.
6. Every 3 days, decrease by one capsule per meal. If the warmth continues, decrease more rapidly. If mal-digestion symptoms return, add capsules back until digestion improves again.