



**THE KLEIN  
CENTER FOR  
Holistic Medicine**

**Joel B. Klein M.D., P.C.**

*Balanced therapies for ultimate health*

**Joel B. Klein M.D., P.C.**

719.457.0330

620 South Cascade Avenue  
Colorado Springs, CO 80903

## **HOME STOMACH ACID TEST**

1. Get Betaine Hydrochloride (HCL) with pepsin 600-650 mg. from the health food store or 750 mg. from me. Usually sold in the section with digestive aids.
2. Start with 1 tablet at the beginning of the meal, i.e. within the first few bites. **Do not take Betaine on an empty stomach!** Progressively increase the dose by one tablet with each successive meal, to 2 tablets, 3 tablets, 4 tablets, etc., until you get the sensation of mild acid indigestion. If it is significant you may use an antacid. If you get to 8 tablets without any symptoms, you can stop the test. That means that acid is not likely a problem for you.
3. Take that number of tablets minus 2-3 with each meal. For example, if you get burning with 5 tablets, take 3 tablets with each meal. With 6, take 3-4 and with 7 or 8, take 5. Some people notice a significant improvement of their symptoms within a few days but it usually takes a few weeks to a month to see if it is going to help.
4. If you get burning with only 1-2 tablets, stop them and call me for further instructions. This means you have a significant problem with both lack of appropriate stomach acid and protective stomach mucous and will need a different regimen to first condition your stomach before later adding smaller but progressively increasing doses of acid.