



PLAYGROUND

HCL Testing Protocol

Disclaimer: The information presented on this page is mainly for educational purposes and should NOT be taken as medical advice. It is your sole responsibility to seek medical advice prior to using the information on this page.

The Testing protocol for HCL presented here is based on ATP LAB ENZYMATIC CONTROL (<https://atplab.com/products/enzimatik-control?variant=18583210688627>)

- Halfway during your meal, have 1 capsule. Continue eating your food. Wait about 15 mins and notice whether you feel a warm sensation in your stomach or not. If you feel the warming sensation, stop taking the capsule as you are not deficient. Have a glass of water to ease the warming sensation.
- If you did not feel the warming sensation, on your next meal, halfway through the meal, take in 2 capsules. Wait and see if you feel the warming sensation.
- Continue in this manner to a max of 4 caps until you feel the warming sensation. The moment you feel the warming sensation, on the next meal back off 1 capsule. That will be your dosage for every meal. Continue taking that until you get the warming sensation (could take weeks or months) then back off again 1 capsule. Continue in this manner until you completely eliminate the need of HCL supplements.

For example, if you feel the warming sensation at 3 caps, on your next meal, you only take 2 caps moving forward until you feel the warming sensation again, then back off to 1 and etc.

*** Do not go over 1600 mg. Based on Enzymatic Control, it is 4 caps. If you do not feel the sensation at 4 caps, just stick to max 4 caps per meal. (Do the math if you purchase a different product)

***We highly recommend the above product. You can do your own search on iHerb for a variety of other brands too.