



HYDROCHLORIC ACID SUPPLEMENT (HCL) RECOMMENDED DOSAGE CHALLENGE

STOP

Everyone is a Bio-Individual and will not experience the same symptoms & reactions as another. If you experience any discomforting symptoms or reactions, **PLEASE STOP THE HCL CHALLENGE** and let us know by emailing support@letstruck.com.

CONGRATULATIONS for taking this important step to heal your digestion. Combined with a clean, whole food diet, you will rebuild your stomach acid through a targeted protocol.

Your stomach acid is very important to your digestive process! Here are just a few reasons:

- Breakdown & digest your food properly so your body can absorb nutrients.
- Your body's first defense against bacteria and pathogens that can get into your body through everyday food and drink.
- Undigested food wreaks havoc on your body as it passes through your digestive system from undigested proteins getting into your blood stream through a condition called "Leaky Gut"—which compromises your immune system causing chronic diarrhea and other issues.

THE TEST

YOU WILL TAKE YOUR HCL SUPPLEMENTS BEFORE YOUR MEALS. TO DETERMINE HOW MANY TO TAKE, PLEASE TAKE THE TIME TO DO THE FOLLOWING TEST.

For your test, your meal should be what we call a "substantial meal", it should contain some adequate protein, fat and vegetables.

Begin taking 1 HCL capsule or tablet, eat, approx. 4 mins later take another, continue to eat, 4 mins later take another... and so on.

What you are looking for is a feeling of warmth in your stomach or burning sensation, similar to heartburn**. The last dosage which was comfortable will be your initial per meal dose of HCL. For example if the warming or burning sensation occurs at 4, then your recommended dosage will be 3 per meal. As you consistently take your supplements, eventually you will experience the warming sensation at your current dose, at which time you then back off 1 more, and so on!

SOME THINGS TO NOTE:

If the burning sensation occurs 1/2 hour or more after the meal, then you have not taken enough, increase your dose by 1 per meal.

If the burning occurs within 5 mins of taking the HCL, then the dosage is too much and you can start backing off 1.

If a burning sensation occurs within 5 mins after taking just 1 tablet/capsule, let us know at support@letstruck.com as additional stomach healing agents may be needed.

If you are using Betaine Plus at 700 mg of HCL and still feel no warming or burning sensation, let us know as well so we can make any adjustments needed for healing.

** If the burning sensation is too uncomfortable, sip a solution of 1 tsp. baking soda in 4 oz. of room temperature water or eat a little more protein.

HCL-Plus™ Hydro-Zyme™

For Healthcare Professionals Only

Provides digestive support via supplemental Betaine hydrochloride.



HCL-Plus™ provides digestive support via supplemental Betaine hydrochloride, Pepsin and known synergist. Consider when the need for supplemental hydrochloric acid is indicated. **HCL-Plus™** can be used for hypochlorhydria (and associated symptoms), and gastrointestinal support.

Hydro-Zyme™ is the same as **HCL-Plus™** but with porcine pancreatin (10 mg/tab) for chronic indigestion, gastro-intestinal issues, hypochlorhydria (and associated symptoms), and for general digestive support.

► **Study:** While impaired digestion may result from mechanical means, such as improperly chewed food, it is far more likely to be the result of poor diet, nutritional deficiency (as a direct result of antacids and similar medications), or inadequate HCl (stomach acid) production. Compounding this decline, the incidence of low stomach acid increases with age. Studies estimating it impacts 30-60% of people over the age of 50. Among other things, deficits of HCl have been associated with gas, bloating, indigestion, halitosis and sweat excretions, anemias resulting from nutrient deficiency, leaky gut, food allergies, joint inflammation, hair loss, and environmental sensitivities.

Recommended dosage for Hydro-Zyme™ and HCL-Plus™ is one (1) tablet with each meal as a dietary supplement or as otherwise directed by a healthcare professional.

HCL-Plus™

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

	Amount Per Serving	% Daily Value
Vitamin B ₆ (as pyridoxine hydrochloride)	2 mg	100%
Betaine (as betaine hydrochloride)	115 mg	*
Glutamic Acid (as L-Glutamic acid hydrochloride)	50 mg	*
Ammonium Chloride	35 mg	*
Pepsin (1:10,000)	10 mg	*

*Daily Value not established

Other ingredients: Vegetable culture†, cellulose, stearic acid (vegetable source), modified cellulose gum, and silica.

† Specially grown, biologically active vegetable culture containing naturally associated and/or organically bound phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

Product #: 1230

NDC: 55146-01230



BIOTICS
RESEARCH NW INC.
The Best Of Science & Nature.

Hydro-Zyme™

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90 or 250

	Amount Per Serving	% Daily Value
Vitamin B ₆ (as pyridoxine hydrochloride)	2 mg	100%
Betaine Hydrochloride	150 mg	*
Glutamic Acid (as L-Glutamic acid hydrochloride)	50 mg	*
Ammonium Chloride	35 mg	*
Pancreatin 4X (from porcine)	10 mg	*
Pepsin (1:10,000)	10 mg	*

*Daily Value not established

Other ingredients: Vegetable culture†, cellulose, stearic acid (vegetable source), modified cellulose gum, silica, and food glaze.

† Specially grown, biologically active vegetable culture containing naturally associated and/or organically bound phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

Product #: 1262

NDC: 55146-01262