

METAGEST HCL CHALLENGE

burping | hiccups | reflux | foul breath | GERD | foul smelling stools | low B12/B9 | anemia
osteoporosis | leaky gut | gallbladder disease | and other chronic disease patterns.



When using supplemental hydrochloric acid (Metagest HCl with Pepsin) for the first few times, please be sure to follow these directions carefully. **Always take Metagest HCl immediately after the meal when your normal digestive processes have started.**

Day 1: Take one **Metagest HCl** tablet at the end of each meal all day long.

Day 2: Take two **Metagest HCl** tablets at the end of each meal all day long.

Day 3 – Day 7: Continue increasing by one **Metagest HCl** tablets per day, for each meal, until you feel a warmth in your stomach or until you reach seven **Metagest HCl** tablets per meal. **Do not take more than seven tablets per meal.**

NOTE: Drink 8 oz of water with one tablespoon of baking soda if warming is uncomfortable.

IMPORTANT: This test should not be undertaken if there is gastritis or any recent history of gastric ulceration (stomach ulcers).

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