

Betaine Hydrochloride

- Start by taking 1 tablet 3 times a day (1 x 3) between meals
 - After 3 - 4 days, if no heartburn is experienced, increase the dose to 2 x 3 between meals
 - After another 3 - 4 days, if still no heartburn is experienced, increase the dose to 3 x 3 between meals
 - Again, after 3 - 4 days, if still no heartburn, increase to 4 x 3 between meals
 - Lastly, after another 3 - 4 days, if still no heartburn occurs, increase to the maximum dose of 4 x 4 between meals
- Once heartburn is experienced, lower the dose down one notch. Once heartburn comes back, lower again. Repeat.
- If heartburn is experienced immediately, switch to 1 x 3 and take with meals

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