

Vital Absorption Challenge

Cost: \$10

Name: _____ Date: _____

Caution: Do not use if there is a prior history of, or a current complaint of a peptic or duodenal ulcer, or esophageal erosion, unless under the direct supervision of our Clinical Nutritionist. – Please notify our office according.

The Vital Absorption challenge allows us to evaluate your level of stomach acid (HCl) and response to the acid. Stomach acid is required, and assists in the following actions:*

- Adequate food digestion and supports the good bacteria in the gut
- Reduces the chance of maldigestion, malabsorption, fermentation and putrefaction of food
- Prevents damage to the intestinal lining
- Decreases the possibility of developing food allergy immune complexes

Vital Absorption® Challenge Instructions

- Begin the Vital Absorption® Challenge by taking one capsule immediately after a meal. Be aware of any pain, burning or warming sensation in your stomach, heartburn or gastric reflux. If you experience any of these reactions, **DO NOT** take any more and contact our office. If needed, take an antacid.
- If you **DO NOT** experience any pain, burning or warming sensation in your stomach, continue the Challenge by increasing the dosage by one capsule after each meal.
- Example: Monday after lunch take 1; Monday after dinner take 2; Tuesday after lunch take 3; Tuesday after dinner take 4.
- Stop the Challenge when any stomach pain, burning or warming sensation occurs or you have taken 4 capsules after a meal.
- Notify our office of your results and to obtain dosage information.

Number of capsules taken	Circle which meal you took your sample with	<u>Response to Vital Absorption</u> If you experience pain or discomfort, please indicate <u>where</u> and <u>how much time</u> after the meal did it occur.
1	Lunch Dinner	
2	Lunch Dinner	
3	Lunch Dinner	
4	Lunch Dinner	

PLEASE NOTE: If you experience a warming sensation, or any discomfort in the stomach, **at any time**, stop the Challenge, take an antacid and notify our office.

COMMENTS: _____

*Additional information is available in the book “Why Stomach Acid is Good for You – Natural Relief from Heartburn, Indigestion, Reflux and GERD” written by Jonathan V. Wright, M.D. and Lane Lenard, Ph.D. This book is available in our pharmacy or Amazon.

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