

Name: _____ DOB: _____ Date: _____

LOW STOMACH ACID Questionnaire

Low levels of stomach acid can lead to maldigestion of proteins, fats and carbohydrates as well as many medications and vitamin supplements. Low HCl (Hydrochloric Acid) levels can lead to symptoms of indigestion, burping, abdominal bloating and excessive intestinal wind. It can lead to increased bacterial overgrowth in the small intestine as well as an increase in intestinal permeability (or leaky gut). Low HCl can also lead to the malabsorption of nutrients.

Do you have any of the following symptoms? Score 1 or each “yes” answer.

- bloating, belching, burning or wind immediately after eating
- indigestion
- dilated blood vessels in the cheeks and nose
- diarrhea or constipation
- iron deficiency
- itchy rectum
- nausea after taking supplements
- sense of fullness immediately after eating
- spots, acne
- undigested food in stool
- persistent mucus in throat
- excess wind
- weak, peeling or cracked fingernails

In addition:

- Do you always eat in a rush?
- Do you not chew your food properly? (15-20 times before swallowing)

Add up your score: ____/15

High Score = 5 (including two of the first three symptoms)
Or 7 (not including the first two)

