

**Stomach Acid Questionnaire**

**Hypochlorhydria** (insufficient acid)

- Gas, belching, or burping immediately after meals
- Abdominal bloating or distension
- Feeling of being too full after eating
- Diminished appetite, particularly red meat
- Stomach growls and gurgles after eating
- Feeling that food 'just sits' in the stomach
- Heartburn or burning sensation immediately after meals
- Nausea after taking supplements
- Current ulcer or one in the past year

**Hyperchlorhydria** (excessive acid)

- Stomach pains just before or 5 to 6 hrs after eating
- Stomach pain relieved by carbonated drinks
- Stomach pain relieved by drinking milk
- Emotional upset causes stomach irritation
- Heartburn immediately after meals
- "Butterfly feeling" in stomach much of the time
- Very dark or black stool
- Hot or spicy foods cause stomach irritation