

Low Stomach Acid vs. Other Conditions

Many conditions share overlapping symptoms with low stomach acid (hypochlorhydria). This chart shows where they overlap and how they differ.

Symptom	Low Stomach Acid	GERD / Excess Acid	SIBO	Bile Reflux	Functional Dyspepsia	Atrophic Gastritis
Bloating after meals	Yes	Sometimes	Yes	Sometimes	Yes	Yes
Heartburn / burning	Yes	Yes	Sometimes	Yes	Sometimes	Sometimes
Reflux	Yes	Yes	--	Yes	Sometimes	Sometimes
Undigested food in stool	Yes	--	Sometimes	--	--	Yes
Nausea after eating	Yes	Sometimes	Sometimes	Yes	Yes	Yes
Excessive gas / belching	Yes	Sometimes	Yes	Sometimes	Yes	Yes
Feeling full quickly	Yes	--	Sometimes	--	Yes	Yes
B12 deficiency	Yes	--	Sometimes	--	--	Yes
Iron deficiency	Yes	--	--	--	--	Yes
Magnesium deficiency	Yes	--	--	--	--	Sometimes
Chronic fatigue	Yes	--	Yes	--	Sometimes	Yes
Recurrent infections	Yes	--	Sometimes	--	--	Yes
Worsens on PPIs	Yes	--	Sometimes	Sometimes	--	Sometimes
Responds to acid suppression	--	Yes	--	--	Sometimes	--

This chart is for educational purposes only. Symptom overlap does not indicate diagnosis. A Heidelberg pH Capsule test can determine whether low stomach acid is contributing to your symptoms. Discuss with your practitioner.