

Digestive Enzymes & Betaine HCl – a nutritionist's guide

Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

Dosing guidelines

We recommend adults take 1 capsule at the start of a meal as required. Do not exceed 6 capsules per day.

Using the capsules effectively

As the capsules are fast-dissolve, we recommend taking the capsule immediately before food. Do not remove the powder from the capsule shell.

Feeling the benefits

Due to the complexity of the digestive system, it is often difficult to identify which supplements are best suited to support digestive issues. Digestive enzymes are commonly taken for bloating to support the initial stage of digestion. However, if you do not experience results, you could also consider supporting your gut flora balance with *Live Cultures+ Lab4 Probiotics*. If symptoms persist, see a doctor to rule out other digestive complications.

Perhaps try recording your reasons for taking Digestive Enzymes & Betaine HCl (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your symptoms.

The safety of Digestive Enzymes & Betaine HCl

Digestive Enzymes & Betaine HCl is generally safe but discontinue use if you experience any stomach discomfort. Seek professional medical advice before taking this dietary supplement if you are pregnant or breastfeeding, have a medical condition (specifically peptic or duodenal ulcers) or are taking medication.

Ask a nutritionist

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [igennus.com](https://www.igennus.com), email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team



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