

# Betaine HCl



## Clinical Applications

- Provides Hydrochloric Acid to Help Maintain Gastric pH\*
- Promotes Healthy Digestion
- Supports Absorption of Macro- and Micronutrients\*
- Helps Maintain Normal Gastric Flora\*

**Betaine HCl** is a powdered dietary enzyme supplement of hydrochloric acid supplied in gelatin capsules. Hydrochloric acid can assist in protein digestion and support nutrient absorption while helping to maintain a healthy gastric pH, which in turn supports healthy gastric ecology.\*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

## Discussion

The breakdown of dietary protein begins in the stomach where gastric hydrochloric acid assumes an important role in protein digestion and other processes. Hydrochloric acid acts as a catalyst in the activation of pepsin from pepsinogen. Active pepsin is a proteolytic enzyme which splits large protein molecules into smaller polypeptides. Additionally, hydrochloric acid acts directly on dietary proteins by loosening up their macromolecular structure (denaturing). Gastric hydrochloric acid also helps reduce poorly available trivalent ferric iron into more soluble and absorbable divalent ferrous iron. Another physiological role of gastric hydrochloric acid is to protect the body from food-borne enteric infections through its antibacterial properties.

Betaine (also known as trimethylglycine) is a natural substance found in foods such as beets, spinach, and grains. Research suggests that betaine supports cell health by acting as a methyl donor, and this, in turn, supports healthy methionine, homocysteine, and hepatic fat metabolism. Betaine also functions as an osmolyte, which supports the integrity of cells and proteins during fluctuations in hydration, salinity, and temperature. Betaine HCl, the acidic form of betaine, has traditionally been used to support digestion and absorption due to its ability to lower gastric pH.\*

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 90

Amount Per Serving%		DV
Betaine Hydrochloride	648 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, gelatin (capsule), water, silica and magnesium stearate.

## Directions

Take one capsule just before or during each meal, or as directed by your healthcare provider.

Consult your healthcare provider prior to use. Do not use if tamper seal is damaged.

## Does Not Contain

Wheat, gluten, corn, yeast, soy protein, dairy products, shellfish, peanuts, tree nuts, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.



## References

1. Pike RL, Brown ML. Nutrition - An Integrated Approach, 3rd edition. John Wiley & Sons, 1984, pp.211-215.
2. Steele RD, Harper AE. In:Present Knowledge in Nutrition, 6th edition. Brown ML ed. International Life Sciences Institute - Nutrition Foundation, 1990, pp. 67-79.
3. Wolf M, Ransberger K. Enzyme Therapy. Vantage Press, Inc. New York, 1972

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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