

# Betaine HCl

*Hydrochloric Acid blend for optimal digestion*



**DESIGNS  
FOR SPORT™**

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Betaine HCl provides 750 mg betaine hydrochloride per capsule along with pepsin, a key protein digestive enzyme produced in the stomach. This product is ideal for those who are looking to support their stomach's digestive function. Taking one capsule before a meal aids digestion, especially the digestion of protein-containing foods, and helps with the assimilation of nutrients.\*

Pepsin is the main enzyme in the stomach needed for digesting proteins. The body's digestive process begins when HCl activates pepsin and other digestive enzymes in the stomach. Those who have lower levels of HCl may have trouble producing pepsin, as HCl is essential for the creation of this important enzyme. This product is in capsule form in order to ensure the delivery of betaine HCl and pepsin to the stomach where they are needed to initiate digestion.

Digestion can be compromised in today's busy lifestyle due to poor nutrition choices, rushed eating and consuming fluids during the eating window. Hypochlorhydria (low stomach acid) is a result of poor digestion and is often misdiagnosed as having too much stomach acid' one of the most commonly prescribed medications are Proton Pump Inhibitors (PPI's) which exacerbate this issue. Use Betaine HCl with meals, especially larger meals and those with high protein.

## SIGNS ONE MAY BENEFIT FROM BETAINE HCL\*

- Occasional bloating and gas, particularly after eating
- Feeling full after eating only a small quantity of food
- Infrequent mild indigestion/heartburn
- Bowel irregularities such as occasional diarrhea and/or constipation

## HYDROCHLORIC ACID IS REQUIRED FOR:

- The breakdown of protein for further digestion in the small intestine
- The proper absorption of nutrients, including vitamin B12 and minerals such as calcium, magnesium, zinc, iron, and selenium
- A healthy immune system – HCl is naturally produced in the stomach and acts as a protective barrier against harmful microorganisms in our food

## NUTRIENT DEFICIENCIES WITH LOW HCL:

- Amino Acids/Protein
- B12
- Calcium
- Magnesium
- Zinc
- Iron
- Selenium



## Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Betaine Hydrochloride (HCl)	750 mg *
Pepsin	33 mg (500,000 FCC U) *

\*Daily Value not established.

**Other Ingredients:** Gelatin (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.



## HOW TO TAKE:

As a dietary supplement, take one capsule per day before a meal, or as directed by your health care practitioner.

## CONTRAINDICATIONS

This product is not recommended for anyone diagnosed with any type of ulcer or gastritis, or those with an overproduction of acid.