



BETAINES HCl + PEPSIN

Betaine HCl & Pepsin for
Stomach and Digestion Support*

Betaine HCl + Pepsin features betaine HCl combined with pepsin to support healthy digestive function and healthy stomach function.*

If you experience indigestion or symptoms of nutrient malabsorption (especially after eating protein), supplementing with pepsin and betaine HCl may help.* Read on to learn more about how the ingredients in Betaine HCl + Pepsin work to support digestive function.*

How Betaine HCl + Pepsin Works

Betaine HCl (betaine hydrochloride) is known as a hydrochloric acid donor—meaning it supports your body's natural production of stomach acid.*¹ Stomach acid plays a variety of roles in the digestive process, one of them being protein digestion.

Your stomach acid doesn't digest protein by itself, but rather by activating a proteolytic (protein metabolizing) enzyme known as pepsin. Proteolytic enzymes like pepsin help carry out proteolysis—the breakdown of peptides/proteins into single amino acids and shorter-chain peptides.

When your body lacks healthy pepsin production (and function), protein malabsorption may occur, causing various gastrointestinal disturbances.²

Betaine HCl + Pepsin Supplementation

Given the importance of betaine HCl and pepsin for supporting digestion (especially protein digestion) supplementing with Betaine HCl + Pepsin can benefit users in a variety of ways.*

The most relevant research-backed benefits of supplementing with Betaine HCl + Pepsin include:

- Supports healthy digestive function*
- Supports natural production of stomach acid*



Form: 90 Tablets

Serving Size: 2 Tablets

Ingredients	Amount	%DV
Betaine HCl	1,340 mg	**
Pepsin	90 mg	**

Other Ingredients:

Vegetable stearic acid, microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, vegetable magnesium stearate, silica, hypromellose.

Directions:

Take two tablets with each meal, or as directed by your healthcare practitioner.

Caution: *If stomach discomfort occurs after administration, discontinue use and consult your healthcare practitioner. Do not use if there is a prior history of or a current peptic or duodenal ulcer. Consult your healthcare practitioner if pregnant, nursing, or taking medication. Keep out of reach of children.*



* 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.

References:

1. Yago, M. R., Frymoyer, A. R., Smelick, G. S., Frassetto, L. A., Budha, N. R., Dresser, M. J., ... & Benet, L. Z. (2013). Gastric reacidification with betaine HCl in healthy volunteers with rabeprazole-induced hypochlorhydria. *Molecular pharmaceutics*, 10(11), 4032-4037.
2. Erickson, R. H., & Kim, Y. S. (1990). Digestion and absorption of dietary protein. *Annual review of medicine*, 41(1), 133-139.