

BETAINE HCL



This product provides a supplemental source of hydrochloric acid, an acidifying compound normally produced in the stomach. Maintaining healthy levels of stomach acidity can help support digestion, absorption and other gastrointestinal functions. The body's ability to produce hydrochloric acid may be reduced with age and in certain health conditions. This product should only be taken by individuals who have reduced levels of stomach acid.

Hydrochloric acid has several functions that help support healthy gastrointestinal function. In a healthy digestive system, hydrochloric acid (HCl) is naturally secreted to facilitate healthy digestion and absorption of dietary proteins. It denatures protein structure and is needed to activate pepsin, one of the main enzymes involved in breaking down proteins into smaller units.

HCl also promotes absorption of minerals and other nutrients and helps stimulate the flow of bile and pancreatic enzymes, which are important for fat, protein and carbohydrate digestion. The acidic environment of the stomach created by the presence of hydrochloric acid can also play an important role in discouraging the survival of harmful microorganisms ingested with food or water.

Betaine HCl should not be taken by individuals who have stomach or duodenal ulcers or are taking drugs that may cause ulcers. Each 648 mg capsule is equivalent to a measurement of 10 grains. This product is free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast and soybeans. Contains no artificial colors, flavors or preservatives.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Capsule

Betaine hydrochloride	648 mg*
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*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, ascorbyl palmitate, and silicon dioxide.



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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DOSING REGIMEN

When recommended by your doctor to take Betaine HCl, please utilize the dosing regimen described below.

- The Betaine HCl should be taken 10-15 minutes before a meal
- The desired dosage will be achieved when a slight burning feeling can be identified in the stomach prior to consuming a meal
- Once this number of Betaine HCl capsules is identified, take 1 less than the amount that achieved the burning feeling
- Use the same strategy on a continual basis, paying attention to the change in onset of burning as stomach acid levels are becoming normalized.

The end goal is that no Betaine HCl capsules are necessary, as 1 capsule that elicits the burning feeling indicates no further need for Betaine HCl supplementation. The timeline and dosage amount will vary from patient to patient. If you begin to reach 8-10 Betaine HCl and you do not achieve a burn, contact the clinic for further recommendations.

Example patient:

Day 1, Meal 1: 2 capsules, no burn achieved

Day 1, Meal 2: 3 capsules, no burn achieved

Day 1, Meal 3: 4 capsules, burn achieved

Day 2, Meal 1: 3 capsules, no burn achieved. Continue this dosage until 3 capsules elicits the burn

Day 2, Meal 2: 3 capsules, burn achieved for 1st time at 3 capsules. Continue dosage of 2 capsules until 2 elicits the burn.

Repeat process until 1 elicits the burn. The process is complete at this point.

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