

# DIGEST-WELL COMPLEX



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This product provides a supplemental source of two key ingredients critical for healthy stomach function and digestion, betaine HCl and organic apple cider vinegar powder. An often misunderstood concept, stomach acidity issues are playing a larger and larger role in the ability of the digestive system to properly digest and absorb foods in a complete manner. Apple cider vinegar works synergistically with Betaine HCl to maintain the appropriate pH balance of the stomach.

HCl, short for hydrochloric acid, is naturally produced by the stomach to help acidify the stomach to allow for healthy digestion and absorption of dietary proteins. Supplemental hydrochloric acid is necessary for individuals with reduced levels of stomach acid. The body's natural production of hydrochloric acid may be reduced with age and in certain health conditions. Hydrochloric acid is needed to activate pepsin in the stomach, one of the main enzymes involved in the digestive process of breaking down proteins into smaller units. It 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.

Organic apple cider vinegar powder functions similarly to liquid apple cider vinegar from a health benefits standpoint without the taste! Apple cider vinegar has been shown to improve many different body functions including encouraging proper blood sugar regulation, regulating bacterial and candida/yeast levels in the intestinal tract, and normalizing stomach acid to improve reflux, heartburn, and GERD. So instead of reaching for the liquid, you can get the same great benefits from a powder capsule.

\*Betaine HCl should not be taken by individuals who have stomach or duodenal ulcers or are taking drugs that may cause ulcers.

## SUPPLEMENT FACTS

Serving Size: 1 capsule

Servings Per Container: 120

	Amount Per Serving	% Daily Value
Betaine HCl	450mg	**
Organic Apple Cider Vinegar Powder	300mg	**

\*\* Daily Value Not Established.

Other Ingredients: Cellulose (Capsule)

## ORGANICALLY SOURCED



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.