Betaine Hydrochloride

Provides Acidifying Agents to Help Maintain Healthy Gastrointestinal Function

Betaine Hydrochloride increases the level of hydrochloric acid in the gut for proper digestion and overall gastrointestinal function. Normal levels of hydrochloric acid are required for complete digestion of proteins and absorption of amino acids. Inadequate hydrochloric acid secretion in the stomach can be caused by poor nutrition. Betaine hydrochloride restores proper hydrochloric acid levels to support and maintain healthy gastrointestinal function.†

How Betaine Hydrochloride Keeps You Healthy

Supports healthy gastrointestinal function
Hydrochloric acid helps digestion by stimulating the flow of bile and pancreatic enzymes. Hydrochloric acid secretion maintains the sterility of the stomach. Hydrochloric acid secreted by the stomach assists protein digestion by converting pepsinogen to pepsin, the enzyme that breaks down proteins into peptides and amino acids. Without proper hydrochloric acid levels in gastric secretions, proteins cannot be properly digested and amino acids and vitamins cannot be efficiently absorbed. In particular, vitamin B₁₂ and vitamin C may not be absorbed, potentially causing risk of food sensitivity to undigested food proteins. Studies have shown that individuals with low levels of hydrochloric acid in their gastric juices will absorb less calcium from their diets and supplements. Hydrochloric acid facilitates the absorption of a variety of nutrients, including folic acid, ascorbic acid, beta-carotene, non-heme iron, and some forms of magnesium and zinc. In patients who are iron deficient, optimal absorption of iron has been found to be related to proper gastric secretion of hydrochloric acid. Long-term hydrochloric acid supplementation, with products such as Betaine Hydrochloride, has been shown to be safe.⁷

Insufficient levels of hydrochloric acid are more common in older individuals. Several studies have shown that hydrochloric acid secretion declines with advancing age. It is estimated that 30 percent of men and women older than age 60 have a condition in which little or no acid is secreted by the stomach, and 40 percent of postmenopausal women have no basal gastric acid secretion. Animal studies indicate that reduced gastric acidity may cause a marked and rapid reduction in bone weight and density.¹
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What Makes Betaine Hydrochloride Unique

Product Attributes
Two tablets supply approximately 270 mg betaine hydrochloride and 130 mg ammonium chloride
›› These ingredients are acidifiers that help support the gastrointestinal system
›› Betaine hydrochloride helps maintain healthy hydrochloric acid levels in the stomach and throughout the gastrointestinal tract†

Contains approximately 80 mg of pepsin (1:10,000) in two tablets
›› Pepsin is a digestive enzyme secreted by the stomach that ignites the process of protein digestion†

Manufacturing and Quality-Control Processes
Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products
›› Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications
›› Assures high-quality essential nutrients are delivered

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