

Betaine HCl

Betaine hydrochloride with pepsin for optimal digestive support



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Designs for Health's Betaine HCl provides 750 mg betaine hydrochloride along with pepsin, one of the body's key protein digestive enzymes. This product is ideal for individuals with low stomach acid who are looking to support their digestive function. Our formulation is in capsule form to ensure delivery of Betaine HCl and pepsin to the stomach where they are needed to initiate digestion.

Betaine HCl is an excellent source of hydrochloric acid, which is produced by the parietal cells of the stomach. Hydrochloric acid is required for:

- The breakdown of protein for further digestion in the small intestine; it is necessary for the conversion of pepsinogen, the inactive enzyme secreted by the gastric glands, into pepsin.
- The proper absorption of nutrients, including vitamin B12 and minerals such as calcium, magnesium, zinc, iron, and selenium.
- A healthy immune system, as the acid provides a protective barrier against bacterial and yeast overgrowth.

Hypochlorhydria

Hypochlorhydria, the insufficient production of hydrochloric acid, is a fairly widespread issue and one that is often overlooked. With hypochlorhydria, inappropriately large proteins and pathogens can aggravate the GI tract and may lead to immune over-activation, as well as inflammation in the body from resulting bacterial overgrowth, increased intestinal permeability, and from potential food sensitivities that may arise.

Due to these issues, the underproduction of stomach acid is associated with a variety of chronic conditions, such as iron deficiency anemia, food sensitivities, rheumatoid arthritis and other autoimmune diseases, diabetes, osteoporosis, gallstones, asthma, and certain skin disorders such as eczema and psoriasis. Stomach acid production also decreases with the normal aging process.

Symptoms of low stomach acid include:

- Bloating and gas, particularly after eating
- Feeling full after eating only a small quantity of food
- Indigestion/heartburn
- Reflux
- Food allergies
- Bowel irregularities such as diarrhea and constipation

Benefits of Betaine HCl may include:

- ▶ Digestive support for individuals with low stomach acid
- ▶ Potential decrease in certain food sensitivities through improved digestion of proteins
- ▶ Protection against orally ingested pathogens and overgrowth of opportunistic GI microbes
- ▶ Assisting with the digestion and assimilation of nutritional supplements, including protein powders

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Betaine Hydrochloride (HCl)	750 mg *
Pepsin 1:10,000	50 mg *

*Daily Value not established.

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



Recommended Use:

- Taking one capsule before a meal aids digestion, especially the digestion of protein-containing foods, and helps with the assimilation of nutrients.
- This product is not recommended for anyone diagnosed with ulcers, gastritis, duodenitis, gastric cancer or those with an overproduction of acid.

References

1. Alteration in digestion and absorption of nutrients during profound acid suppression. Evenepoel P. Best Pract Res Clin Gastroenterol. 2001 Jun;15(3):539-51.
2. Hypochlorhydric stomach: a risk condition for calcium malabsorption and osteoporosis? Sipponen P, Härkönen M. Scand J Gastroenterol. 2010;45(2):133-8 doi:10.3109/00365520903434117.
3. Omeprazole induces altered bile acid metabolism. Shindo K, Machida M, Fukumura M, Koide K, Yamazaki R. Gut. 1998 Feb;42(2):266-71.
4. Gastric Reacidification with Betaine HCl in Healthy Volunteers with Rabeprazole-Induced Hypochlorhydria. Yago MR, Frymoyer AR, Smelick GS, Frassetto LA, Budha NR, Dresser MJ, Ware JA, Benet LZ. Mol Pharm. 2013 Nov 4;10(11):4032-7.

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