

**Betaine Hydrochloride**  
**Hydrochloric Acid Dietary Supplement**

**DESCRIPTION**

Betaine Hydrochloride, provided by Douglas Laboratories®, is a powdered dietary supplement of hydrochloric acid supplied in two-piece gelatin capsules.

**FUNCTIONS**

The breakdown of dietary protein begins in the stomach where gastric hydrochloric acid assumes an important role in protein digestion and other processes.

Hydrochloric acid acts as a catalyst in the activation of pepsin from pepsinogen. Active pepsin is a proteolytic enzyme which splits large protein molecules into smaller polypeptides. Additionally, hydrochloric acid acts directly on dietary proteins by loosening up their macromolecular structure (denaturing).

Gastric hydrochloric acid also helps reduce poorly available trivalent ferric iron into more soluble and absorbable divalent ferrous iron.

Another physiological role of gastric hydrochloric acid is to protect the body from food-borne enteric infections through its antibacterial properties.

**INDICATIONS**

Betaine Hydrochloride capsules may be a useful nutritional adjunct for individuals who wish to supplement their diets with hydrochloric acid.

**FORMULA (HC2)**

Each capsule contains:

Betaine HCl ..... 648mg

**SUGGESTED USE**

One capsule just before or during each meal, or as directed by physician.

**SIDE EFFECTS**

No adverse side effects have been reported.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

**REFERENCES**

Pike RL, Brown ML. Nutrition - An Integrated Approach, 3rd edition. John Wiley & Sons, 1984, pp.211-215.  
 Steele RD, Harper AE. In:Present Knowledge in Nutrition, 6th edition. Brown ML ed. International Life Sciences Institute - Nutrition Foundation, 1990, pp. 67-79.  
 Wolf M, Ransberger K. Enzyme Therapy. Vantage Press, Inc. New York, 1972.

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**For more information on Betaine Hydrochloride visit [douglaslabs.com](http://douglaslabs.com)**

† 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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Your patients trust you.**

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