

## 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

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Wolf M, Ransberger K. Enzyme Therapy. Vantage Press, Inc. New York, 1972.

Schubert ML. Gastric secretion. Curr Opin Gastroenterol. 2014 Nov;30(6):578-82.

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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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DLHC2\_102016