

# Betaine HCl

BETAINE HYDROCHLORIDE AND PEPSIN  
120 CAPSULES | NPN80075406 | BHC120-CN



GASTROINTESTINAL HEALTH



Designs for Health's **Betaine HCl** is formulated with 750 mg of betaine hydrochloride (HCl) along with pepsin, one of the body's key protein-digesting enzymes. Betaine HCl may support digestive function and promote normal protein digestion, especially for individuals with low stomach acid. This product is delivered in capsule form to ensure delivery of the ingredients to the stomach where they are needed to initiate protein digestion.

Betaine HCl provides hydrochloric acid (HCl), or stomach acid, as an essential component for proper digestion. HCl breaks down the food, especially the protein, in the stomach before it moves along to the small intestine for further digestion and absorption.

HCl also triggers the secretion of pepsin, an important enzyme for digesting protein. Low stomach acid may lead to lower levels of pepsin, which is why Designs for Health's Betaine HCl also includes pepsin. Stomach acid is also important for the absorption of certain micronutrients, such as vitamin B12, calcium, magnesium, zinc, iron, and selenium. Low stomach acid may impair digestive functions, especially the digestion of protein. HCl also helps protect the stomach from potential pathogenic bacteria and other microbes.

## Benefits

- Supports digestive function
- Supports protein digestion
- Promotes healthy stomach acid levels
- Supports normal microbial diversity

## Highlights

- 750 mg of betaine HCl per serving to support digestive function
- 40 mg of pepsin (500,000 FCC U) per serving to support protein digestion

## Recommended Dose

**Adults:** Take 1 capsule per day with a meal, or as directed by your health care practitioner.

ZPTD-CN BHC 3/22

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.  
Designs for Health and logo are trademarks of Designs for Health, Inc. © 2022 Designs for Health, Inc. All rights reserved.