



Betaine HCl with 100 mg Fenugreek

Supports Healthy Digestion*

- Sourced from beets
- 500 mg of betaine HCl per capsule allows for flexible-dose titration
- Suitable for vegetarians/vegans

Code: 9229

Size: 60 Vegetarian Capsules

Actual Size: 21.13 mm x 7.50 mm



PRODUCT SUMMARY

Betaine hydrochloride supports hydrochloric acid (HCl) in the stomach to maintain normal digestion, while the addition of fenugreek may help soothe and support a healthy stomach lining.* Low stomach acid is more common with age, and may be associated with suboptimal digestion.* Combining betaine HCl with fenugreek may help support normal digestion and maintain a healthy digestive tract.*

The stomach's natural HCl assists in protein digestion by activating pepsinogen to pepsin. It also helps maintain a pH that is supportive of healthy digestion, food safety, and a healthy microbiome in the small intestine.* The stomach's natural HCl also encourages the healthy flow of bile and pancreatic enzymes, and facilitates the normal absorption of nutrients such as vitamin B12, ascorbic acid, calcium, iron, and magnesium.*¹⁻⁴ However, in the absence of adequate stomach HCl, symptoms such as bloating, belching, indigestion, diarrhea, or constipation can arise.⁵

Numerous studies have shown that acid secretion declines with advancing age⁶⁻⁸, and suboptimal HCl production and secretion are correlated with various potential repercussions.⁵ While the underlying etiological factors leading to suboptimal HCl secretion are not well understood, supplementation is generally safe and may be helpful in certain populations.*⁹ Combining betaine HCl with fenugreek further supports digestive function and health, as fenugreek seeds are an excellent source of mucilage¹⁰, which may help soothe gastrointestinal tissue by maintaining a healthy lining of the stomach and intestine.*



BETAINE HCl WITH 100 MG FENUGREEK
SUPPORTS HEALTHY DIGESTION*

Supplement Facts

Serving Size 2 Vegetarian Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Betaine Hydrochloride	1000 mg	**
Fenugreek (<i>Trigonella foenum-graecum</i>) (seed)	200 mg	**

** Daily Value not established.

Other ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), magnesium stearate (vegetable grade), silica.

Serving Size: 2 Vegetarian Capsules

Servings Per Container: 30

Suggested Usage: 2 capsules at meal times 3 times per day or as directed by a health care professional.

Caution: Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

Contraindications: Consult a health care professional prior to use if you have cardiovascular disease or diabetes. Do not use if you have peptic ulcer.

Individuals suffering from peptic ulcer disease (PUD) or diseases that cause excessive secretion of gastric acid, such as Zollinger-Ellison syndrome, should avoid Betaine HCl as they may experience irritation or reduced healing of ulcers because of the hydrochloric acid in Betaine HCl.

Drug Interactions: Fenugreek might have additive effects when used with anticoagulant or antiplatelet drugs, although this may not be clinically significant.¹¹ Fenugreek may reduce blood glucose levels and may be additive to hypoglycemic drugs. Monitor blood glucose levels closely.¹²

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References

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