



# Betaine HCl with 100 mg Fenugreek

Supports Healthy Digestion

- Naturally sourced from beets
- 500 mg of betaine HCl per capsule allows for flexible-dose titration
- Suitable for vegetarians and vegans

**Code:** 9229 **NPN:** 80053147  
**Size:** 60 Vegetarian Capsules  
**Actual Size:** 21.13 mm x 7.50 mm



## PRODUCT SUMMARY

Betaine hydrochloride increases hydrochloric acid (HCl) in the stomach to enhance digestion, while the addition of fenugreek helps soothe and protect the stomach lining. Low stomach acid is more common with age, and may be associated with a number of health conditions. Combining betaine HCl with fenugreek may help boost digestion and soothe the digestive tract.

HCl assists in protein digestion by activating pepsinogen to pepsin, helping to inactivate orally ingested pathogens, preventing bacterial or fungal overgrowth of the small intestine, encouraging the flow of bile and pancreatic enzymes, and facilitating the absorption of several nutrients, including vitamin B12, ascorbic acid, calcium, iron, and magnesium. However, poor digestion can arise in the absence of adequate HCl, leading to bloating, belching, indigestion, and diarrhea or constipation. Numerous studies have shown acid secretion declines with advancing age, and impaired HCl production and secretion is correlated with a variety of clinical conditions. While the underlying etiological factors leading to impaired or absent HCl secretion are not well understood, long-term supplementation is generally safe and may be effective in certain patient populations and clinical conditions. Combining betaine HCl with fenugreek further supports digestive function and health, as fenugreek seeds are an excellent source of mucilage, which may help soothe gastrointestinal inflammation by coating the lining of the stomach and intestine.



**To Place Your Order Email:** [customerservice@bioclinicnaturals.com](mailto:customerservice@bioclinicnaturals.com)  
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# BETAINE HCL WITH 100 MG FENUGREEK

## SUPPORTS HEALTHY DIGESTION

**Serving Size:** 3 Vegetarian Capsules

**Servings Per Container:** 20

**Each Capsule Contains:**

Betaine Hydrochloride ..... 500 mg  
Fenugreek (*Trigonella foenum-graecum*) (seed) ..... 100 mg

**Non-medicinal Ingredients:** Vegetarian capsule (carbohydrate gum [cellulose], purified water), vegetable grade magnesium stearate (lubricant), silica.

**Recommended Adult Dose:** 3 capsules per day with 250 mL of water or as directed by a health care practitioner. Consult a health care practitioner for use beyond 12 weeks.

**Recommended Use:** Fenugreek seeds are an excellent source of mucilage, which helps soothe gastrointestinal inflammation by coating the lining of the stomach and intestine. Betaine HCl and fenugreek are an effective combination to support healthy digestion. Helps temporarily promote lowering of gastric pH to aid in digestion.

**Caution:** Consult a health care practitioner if you are pregnant or breastfeeding or if you experience symptoms of gastrointestinal problems. Consult a health care practitioner prior to use if you have cardiovascular disease or diabetes. Do not use if you have peptic ulcer. Keep out of reach of children.

**Contraindications:** Individuals with 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 due to 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. Fenugreek may reduce blood glucose levels and may be additive to hypoglycemic drugs. Monitor blood glucose levels closely.

**Contains no artificial colours, 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 available at [bioclinicnaturals.com](http://bioclinicnaturals.com)



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