



— Your Trusted Source —

# Betaine HCl Pepsin

Introduced 1992



## What Is It?

Betaine HCl and pepsin are naturally occurring gastric-juice components that render nutrients available for absorption and biological activity. Specifically, betaine HCl is an acidic form of betaine, which promotes optimal gastric lumen acidity and pepsin is a protein-digesting enzyme that catalyzes the splitting of peptide bonds.\*

## Uses For Betaine HCl Pepsin

**Healthy Digestive Function:** Betaine HCl and pepsin promote the solubilization of food particles and the healthy absorption and utilization of nutrients, including protein, calcium, vitamin B<sub>12</sub>, and iron. Contact with gastric juices causes protein and polysaccharide degradation, allowing them to become more accessible to the actions of the hydrolytic enzymes in the duodenum and jejunum. Furthermore, HCl contributes to the naturally acidic environment of the stomach necessary for healthy microbial balance.\*

## What Is The Source?

Pure Encapsulations Betaine HCl is synthetic. Pepsin is porcine derived. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 1 capsule with each meal.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Large amounts of betaine HCl may cause stomach irritation. Individuals with a history of peptic ulcers, gastritis, or gastrointestinal symptoms should consult their physician before taking betaine HCl.

## Are There Any Potential Drug Interactions?

People taking nonsteroidal anti-inflammatory drugs (NSAIDs), cortisone-like drugs, or other medications that might cause a peptic ulcer should not take betaine HCl. Consult with your physician for more information.

## Betaine HCl Pepsin

<b>each vegetarian capsule contains</b>		<b>0</b>
betaine HCl .....		520 mg
pure pepsin (1:15,000 potency, lactose free) (porcine).....		21 mg
vitamin C (as ascorbyl palmitate) .....		10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)		
<b>1 capsule with each meal.</b>		

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.