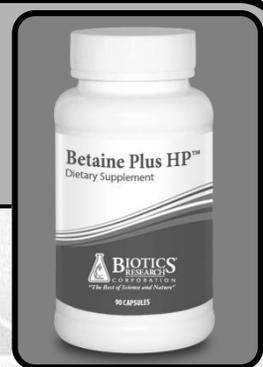


Betaine Plus HP™

For Healthcare Professionals Only



High potency hydrochloric acid supplement, which also supplies pepsin to support digestive function

Individuals complaining of gastrointestinal upset, indigestion or heartburn most likely assume their problem stems from an overproduction of stomach acid. This is a common misconception that has been strongly reinforced by television and print advertising, suggesting the overuse of stomach acid blocking products at the slightest sign of discomfort. Paradoxically, the complaints for excessive stomach acid are almost exactly the same as for someone having too little stomach acid, which is actually more prevalent. Recent studies have supported what many clinicians have known for years – that low stomach acid production is common, affecting an estimated 50% of the U.S. population over the age of 50. This may also be problematic for many of those who have consumed a relatively demineralized Standard American Diet (SAD), or for those on low-sodium diets.

Gastric juice produced by the stomach contains hydrochloric acid and pepsinogens, precursors of the enzyme pepsin. Hydrochloric acid is a strong mineral acid which functions to maintain gastric pH between 1.5 and 2.5. The highly acidic gastric juice serves many functions, primarily:

- The low pH kills microorganisms in food such as bacteria, yeasts, and parasites, providing a protective barrier.
- It activates pepsinogen, and functions as the primary digestive fluid for breaking down (denaturing) proteins, preparing them for assimilation.
- It functions as a venting mechanism against the buildup of excessive concentrations of hydrogen ions in blood and interstitial fluids, thereby helping to regulate excessive tissue acidity.

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Adequate levels of hydrochloric acid are necessary for adequate absorption of protein, calcium, vitamin B12, vitamin B1, phosphorus, vitamin D, folic acid, zinc, and iron. As a potential methyl donor, Betaine HCl may also be very beneficial in 2-methoxyestradiol production, which is receiving attention for its role as a metabolite which may be helpful for extraneous cellular proliferation. Maintaining normal levels of hydrochloric acid may be beneficial in a wide variety of situations, as deficiencies have been associated with food allergies, yeast overgrowth, and bacterial and parasitic infections. Each capsule of **Betaine Plus HPTM** contains 700 mg of Betaine HCl and 10 mg of Pepsin (1:10,000). Most practitioners recommend taking (1) capsule per meal unless otherwise indicated.

Betaine Plus™

Supplement Facts

Serving Size: 1 Capsule	Servings Per Container: 90	
	Amount Per Serving	% Daily Value
Betaine Hydrochloride	700 mg	*
Pepsin (1:10,000)	10 mg	*

* Daily Value not established

Other ingredients: Gelatin and water.

Recommended: One (1) capsule with each meal as a dietary supplement or as otherwise directed by a healthcare professional.



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Reference:

1. *Am J Clin Nutr.* 2004 Sep;80(3):539-49. 2 substance capable of being decomposed in osmosis. 3A substance which donates methyl groups (1 carbon plus 3 hydrogen molecules) to other molecules including cell membranes.