



# HEALTHY PROTEIN DIGESTION<sup>†</sup>

A DIETARY SUPPLEMENT TO SUPPORT HCL LEVELS AND UPPER DIGESTIVE HEALTH<sup>†</sup>

**HEALTHY PROTEIN DIGESTION<sup>†</sup>** represents the gold standard in upper digestive, betaine HCl based formulas. While this formulation includes the usual suspects, betaine HCl and pepsin, it also includes the comprehensive complex of digestive enzymes found in pancreatin as well as the most notable 'bitter herb', gentian root. **HEALTHY PROTEIN DIGESTION<sup>†</sup>** provides the broad base of upper digestive support that is so desperately sought-after by so many patients.<sup>†</sup>

**Betaine HCl** represents a form of betaine that is acidic in nature. Betaine itself is also referred to as trimethylglycine and is an active constituent of green leafy vegetables, such as spinach, as well as beets. Betaine is a methyl donor, essential for a wide range of physiologic functions, including healthy homocysteine levels, normal detoxification, and proper brain health.<sup>†</sup> The acidic form of betaine has been applied to aid in the management of gastric pH, which ultimately provides the first step in macronutrient breakdown and serves as the first barrier against potentially pathogenic microbes that may be present in food.<sup>†</sup>

**Pancreatin** is a naturally occurring complex of digestive enzymes, including amylases, lipases and proteases, secreted by the pancreas in response to the introduction of food into the digestive system. If the digestive system is under stress, or if the pancreas is overtaxed for any reason, the amount of pancreatin may not be sufficient for optimal digestive function. Further, without adequate hydrochloric acid secretion in the stomach, the pancreas may not be stimulated to release pancreatin which is why this ingredient is such a well-placed companion with the betaine HCl.<sup>†</sup>

**Gentian Root** is classified as a 'bitter herb'. Bitter herbs are thought to support upper digestive function through saliva production and stomach acid and digestive enzyme production and secretion.<sup>†</sup> Combining gentian with betaine HCl, pancreatin and pepsin is a novel approach to upper digestive support as this combination of ingredients aims to supplement these digestive compounds directly but also by promoting the natural production of these through the use of this powerful bitter herb.<sup>†</sup>

**Pepsin** is among the first proteolytic enzymes to begin the breakdown of dietary protein. This enzyme is synthesized in the gastric tissue and is converted to an active form by hydrochloric acid. This then becomes a positive feedback loop that continues the cycle of pepsin production once it's been initiated. In order to provide the broadest support to the upper digestive system and this first phase of macronutrient breakdown, pepsin represents an essential inclusion.<sup>†</sup>

## Supplement Facts

### Serving Size: 1 Capsule

#### Amount Per Serving

Betaine HCl	550 mg
Pancreatin (8X)	125 mg
Gentian ( <i>Gentiana lutea</i> ) Root 5:1 Extract	50 mg
Pepsin (1:10,000)	25 mg

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Caution:** Discontinue use 2 weeks prior to surgery.

**Suggested Use:** As a dietary supplement, take 1 capsule 1-2 times daily before a meal, or as directed by your healthcare practitioner. Do not chew. Not recommended for use if a peptic ulcer or gastritis is present.

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<sup>†</sup> These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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