



# Betaine HCL

Enhance digestion and optimize nutrient absorption

Overall Effectiveness: 8/10    Impact on Mitochondria: 5/10

Supplement Essentials	Usage Guidelines	Insights
<p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>• Supports healthy digestion by increasing stomach acid production.</li> <li>• Improves protein breakdown and nutrient absorption.</li> <li>• May reduce symptoms of acid reflux or indigestion.</li> <li>• Promotes gut health and microbial balance.</li> <li>• Supports liver function and detoxification.</li> </ul> <p><b>Recommended Dose:</b></p> <ul style="list-style-type: none"> <li>• Typical dose: 500-650 mg with meals, starting with one capsule and increasing as tolerated.</li> <li>• Adjust according to individual needs, under medical supervision.</li> </ul> <p><b>Upper Limit:</b></p> <ul style="list-style-type: none"> <li>• Maximum safe dose: Varies by individual; do not exceed 3,000 mg/day without professional guidance.</li> </ul> <p><b>Parts of the Human Anatomy That Benefit:</b></p> <ul style="list-style-type: none"> <li>• Digestive system (stomach, intestines).</li> <li>• Liver.</li> </ul>	<p><b>Time of Day to Take:</b></p> <ul style="list-style-type: none"> <li>• With meals, particularly those high in protein.</li> </ul> <p><b>With or Without Food:</b></p> <ul style="list-style-type: none"> <li>• Always take with food to prevent stomach discomfort.</li> </ul> <p><b>Solubility:</b></p> <ul style="list-style-type: none"> <li>• Water-soluble.</li> </ul> <p><b>Bioavailability:</b></p> <ul style="list-style-type: none"> <li>• Effectively absorbed when taken with food.</li> </ul> <p><b>Interactions &amp; Contraindications:</b></p> <ul style="list-style-type: none"> <li>• Avoid using with antacids, H2 blockers, or proton pump inhibitors (PPIs).</li> <li>• Not suitable for individuals with ulcers or high stomach acidity.</li> </ul>	<p><b>Target Audience:</b></p> <ul style="list-style-type: none"> <li>• Individuals with low stomach acid, digestive issues, or protein malabsorption.</li> </ul> <p><b>Side Effects:</b></p> <ul style="list-style-type: none"> <li>• Potential for heartburn, nausea, or stomach discomfort if taken improperly.</li> </ul> <p><b>Duration of Use:</b></p> <ul style="list-style-type: none"> <li>• Best for short-term use to correct deficiencies; consult a healthcare provider for long-term use.</li> </ul> <p><b>Cost and Accessibility:</b></p> <ul style="list-style-type: none"> <li>• Average price: \$15-\$25 for 60-100 capsules. Widely available online and in health stores.</li> </ul> <p><b>Flavor or Texture:</b></p> <ul style="list-style-type: none"> <li>• Typically encapsulated; no flavor when taken as directed.</li> </ul>
<p><b>Scientific Evidence:</b></p> <ul style="list-style-type: none"> <li>• Supported by studies demonstrating its role in aiding digestion for those with hypochlorhydria (low stomach acid).</li> </ul> <p><b>Sustainability and Ethics:</b></p> <ul style="list-style-type: none"> <li>• Often derived from natural sources; check for non-GMO and cruelty-free certifications.</li> </ul> <p><b>Recent Research and Trends:</b></p> <ul style="list-style-type: none"> <li>• Increasing use as part of comprehensive digestive health protocols, often combined with digestive enzymes or probiotics.</li> </ul>		

**Disclaimer:** Always consult a healthcare provider before starting any new supplement. For more information, visit reputable [supplement resources](#).

