



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

Betaine

Betaine is a combination of stomach acid and pepsin (an enzyme used in the stomach). Betaine is used to treat low stomach acid to help in the breakdown of proteins for proper absorption, as well as lowering susceptibility to gut and bowel infections.

Directions: Take one pill before each meal. Do not take at the end of meals, as this could cause burning in the esophagus. If the one pill is tolerated without any burning or reflux, move up to two pills before each meal. If it is not tolerated, stay at current dosage until the stomach adjusts. Continue this process of moving up in dosage until physician's directed dosing is reached.