



# FAST FACTS ABOUT BETA-GEST® DIGESTIVE AID

Digestion, the second of the Six Stages of Nutrition, is the process by which complex foods are broken down into simpler substances which the body uses for energy and tissue building. It begins with chewing and ends with absorption, the third stage of nutrition, when nutrients pass through the intestinal lining and directly enter the bloodstream. Without ample acid and enzymes, the digestive system can become stressed beyond capacity and unable to do its best job. GNLD's Beta-Gest supports efficient digestion in the stomach with "controlled-release" hydrochloric acid and plant-sourced, acid-stable enzymes to assist digestion of protein and lactose. Its complete formula addresses the underlying causes of indigestion, not just the symptoms.

## WHY DIGESTIVE AIDS?

- To improve the efficiency of digestion by providing compounds that are necessary for effective stomach digestion but which may be deficient.
- To relieve uncomfortable and painful symptoms of indigestion.
- To maximize digestive potential and obtain the greatest nutritional value from the diet.

## WHY GNLD BETA-GEST DIGESTIVE AID?

- **Natural-source digestive supplementation.** 100% plant-sourced enzymes function in the acidic environment of the stomach to support the body's natural digestive processes. The product contains no animal ingredients.
- **Complete formula.** Betaine hydrochloride, lactase, and protein-digesting enzymes supplement the normal body secretions required for healthy digestion.
- **Supports protein digestion.** Betaine hydrochloride and acid-stable, acid-activated proteases including papain improve protein digestion.
- **Assists lactose digestion.** The enzyme lactase aids the digestion of lactose (milk sugar).
- **Non-habit-forming.** Addresses *causes* of indigestion in the stomach, not just symptoms!
- **Base of dried beet, licorice root, and lemon.**



## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 33

Amount Per Serving	
Betaine Hydrochloride	825 mg*
Acid Stable Protease	120 mg*
Lactase	24 mg*
Papain	30 mg*
Lemon Pectin	9 mg*

\* Daily Value not established

Other ingredients: Microcrystalline cellulose, magnesium silicate, hydroxypropyl methylcellulose, food glaze, rhubarb root powder, beet root powder, silicon dioxide, triacetin, magnesium stearate, titanium dioxide, licorice root powder, natural mint extract and natural color.



Lot #  
Best If Used By  
907

## SUGGESTED USE: 1 to 3 tablets daily, immediately before or with food.

Protease, hydrochloric acid (from betaine HCl) and lactase reinforce normal stomach digestive secretions compromised by age, stress, alcohol or antacid overuse. Hydrochloric acid readies protein for enzymatic digestion, activates natural gastric enzyme, pepsinogen, and is needed for absorption of phosphorus, iron, magnesium, calcium and B12. Lactase assists digestion of lactose (milk sugar).\*

\* 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.

Store in a cool, dry place, away from direct sunlight. Packaged with safety seal.

NOT SOLD IN RETAIL STORES  
Available Exclusively From GNLD Distributors

Distributed by: **GNLD International**  
Fremont, CA 94538 U.S.A.  
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# THE BETA-GEST® DIGESTIVE AID STORY

## STOMACH ACID AND ENZYMES WORK HARD FOR THEIR MEALS

The stomach is more than just a whistle-stop for meals passing through the digestive tract. Each day, this hardworking, muscular organ secretes about two liters of gastric juice, a mixture of acid and enzymes. The stomach mixes food with gastric juice to form partially digested food called chyme. Large food particles are then further broken down into smaller particles, upon which enzymes act to “unlock” the nutritional value of the food. (See the Introduction to Digestion for a more complete description of the digestive process.) All this preparation in the stomach is essential for absorption of nutrients later in the intestines.

## HYDROCHLORIC ACID CREATES THE ENVIRONMENT THE STOMACH NEEDS TO DO MANY JOBS

The stomach's environment is acidic due to hydrochloric acid (HCl), which plays four vital roles in the digestive process:

1. **Required for absorption of calcium, phosphorus, iron, magnesium, and vitamin B<sub>12</sub>.** For instance, a protein called intrinsic factor is required for the absorption of vitamin B<sub>12</sub>. An acidic environment is necessary for the protein to bind the vitamin. Without sufficient stomach acid, a dangerous condition called pernicious anemia can develop.
2. **Needed to begin “opening up” protein molecules** from foods so that protein-digesting enzymes (proteases) can break them into smaller building blocks (amino acids) which the body can use. This process, called denaturing, is essential for proper protein digestion.
3. **Necessary to activate pepsin**, an important protein-digesting enzyme that is secreted by the stomach.
4. **Kills harmful bacteria and other microorganisms** that enter the gastrointestinal tract in foodstuffs.

## DIGESTIVE ENZYMES BREAK FOODS INTO SIMPLE NUTRITIONAL BUILDING BLOCKS

Digestion is the process whereby complex foods (proteins, carbohydrates, and fats) are broken down into simpler substances (amino acids, simple sugars, and fatty acids, respectively). Digestive enzymes are capable of inducing chemical changes in foodstuffs without being changed themselves.

### ■ Proteases Digest Protein

Protein digestion is a lengthy process, beginning in the stomach and ending in the intestines. While most digestive enzymes work in the intestines, some important ones — such as protein-digesting proteases — are secreted by the stomach and require an acidic (low pH) environment to function.

### ■ Lactase Digests Milk Sugar

Lactose is a sugar found in milk and other dairy products. The digestive enzyme that breaks it into smaller components that can be absorbed and utilized is called lactase. If not enough lactase is present in the digestive tract, lactose cannot be properly digested. Undigested lactose can cause intestinal discomfort, bloating, flatulence, cramps, and diarrhea.

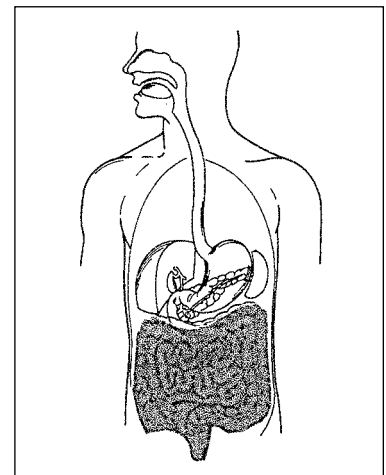
## ACID AND ENZYME “GAPS” CAN LEAD TO DIGESTIVE TROUBLE

**Digestion is hard work.** If sufficient gastric juice is present, digestion proceeds smoothly. Without ample acid and enzymes, however, the digestive system can become stressed beyond capacity and unable to do its best job.

**Acid insufficiency.** Around age 30, the average person's stomach begins to secrete less hydrochloric acid. This decline continues as a person ages. Diminished production of gastric acid affects about 30% of persons over age 70.<sup>1</sup> Overeating, excessive alcohol consumption, or the habitual use of antacids may also dilute the concentration of stomach acid, reducing the total amount of HCl available for digestion.

Many people believe that indigestion results from excess stomach acid, an assumption that is understandable given the “burning” sensation often accompanying stomach distress. Acid insufficiency, however, is a much more common cause of indigestion.<sup>2</sup> Without ample acid, food cannot be fully digested, absorbed, and utilized. Nutritional deficiencies can result if not enough stomach HCl is present to promote the absorption of key nutrients, such as calcium, iron, magnesium, and vitamin B12. Compounding this problem is the fact that many older people have an overgrowth of bacteria in the stomach that are normally killed by acid.<sup>3</sup> These bacteria can compete for nutrients, taking them up for their own use.

**Enzyme insufficiency.** In many people, the ability to digest lactose gradually disappears with age due to a progressive decline in the body's synthesis of the enzyme lactase. The resulting condition is called lactose intolerance. The severity of the symptoms of lactose intolerance can vary depending on how much lactose is ingested and the severity of the intolerance, or lactase deficiency.





## **GNLD'S BETA-GEST® SUPPORTS THE STOMACH'S NATURAL DIGESTIVE PROCESS**

**BETA-GEST ADDRESSES THE CAUSES OF INDIGESTION, NOT JUST THE SYMPTOMS!**

Some digestive aids, such as antacids, address only the symptoms of indigestion. GNLD's Beta-Gest, on the other hand, was formulated to address the causes of improper digestion that underlie the symptoms. It supports the body's natural digestive processes with hydrochloric acid (HCl) and enzymes that break down protein and milk sugar.

### **BETAINE HCL, AN EFFECTIVE SOURCE FOR HYDROCHLORIC ACID**

The key ingredient in Beta-Gest is betaine hydrochloride (HCl), a compound found naturally in the leaves and roots of beets. Beta-Gest tablets release hydrochloric acid in the stomach at a "controlled" rate similar to natural gastric secretion. The result is more effective digestion through a supplement that is safe and well-tolerated.

### **PLANT-SOURCED ENZYMES**

Beta-Gest's complete formula also includes plant-derived enzymes: acid-stable protease and papain to assist protein digestion, and lactase to assist lactose digestion. Each enzyme has been specifically chosen for its high level of activity in the pH environment normally found at the sites where the enzymes do their digestive jobs.

GNLD's Beta-Gest is a safe and effective means of supporting the body's natural digestive processes and promoting the absorption of several key nutrients. It could help you make the most of a healthy diet!

## **REFERENCES**

- [1] Zheng, J.J. and Rosenberg, I.H. What Is the Nutritional Status of the Elderly? *Geriatrics* 44:57-64, 1989.
- [2] Mure, C. and Saltmarsh, N. Ease Indigestion the Natural Way. *Better Nutrition* 51:10, 1989.
- [3] Russell, R. Nutrition and Aging: Vitamins B-12, A, and Folate. *Nutrition Action Health Letter* 23:4-5, 1996.