



Taurine

For Individuals Needing Supplemental Taurine

Taurine is one of the most abundant free amino acids in the body. In the diet, Taurine is found in meat and fish, but not in plant foods. Taurine is regarded as a conditionally essential amino acid, because it can be synthesized by the body from the other sulfur-containing amino acids cysteine and methionine.

Suggested Use:

1 Capsule 1-3 times daily, between meals, or as directed by a qualified health professional.

Supplement Facts

Serving Size: 1 Capsule

Taurine 500 mg

Other Ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, ascorbyl palmitate, and silica.



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Taurine is very important in metabolism and is present in particularly high levels in the brain, skeletal muscle, heart, and retina of the eye.

- Although not proven, Taurine is regarded as a **life-extending supplement**.
- Taurine has been known to stabilize electrical conductivity in the body, meaning it will lower seizure activity, **stabilize heart arrhythmias**, and **settle anxiety** among many other uses.
- Essential for infants, as it **plays important roles in the development of the nervous system, retina, and muscle tissue**.
- Well known for its role in bile salt synthesis and has **crucial functions in the liver's detoxification pathways**.
- Appears to have a **stabilizing effect on cell membranes** and is important in maintaining normal extra- and intracellular distribution of calcium.
- In the retina, taurine **helps maintain the structure and function of the visual cells**.

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