

## Taurine

### **1000 mg, 50 capsules**

Item Catalog Number: 00199

Taurine is a conditionally essential amino acid produced from cysteine by the body. It is found abundantly in the body, particularly throughout the excitable tissues of the central nervous system, where it is thought to have a regulating influence. Taurine can promote optimal blood flow to nerves. It also appears to play an important role in many physiological processes, such as osmoregulation, immunomodulation and bile salt formation.<sup>151</sup> Recent studies suggested that taurine might have neuro- and cardio-protective properties and provide protection against oxidative stress.<sup>151-154</sup> Taurine is also critical for maintaining cardiac health in certain aging individuals. Dietary taurine may help maintain healthy liver function.<sup>155</sup> However, it is deficient in many diets.<sup>156-162</sup>

## References

## Supplement Facts

Serving Size 1 capsule

Servings Per Container 50

### Amount Per Serving

Taurine

1000 mg

Other ingredients: gelatin, rice flour, vegetable stearate, silicon dioxide.

Contains rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

## Dosage and Use

- Take one capsule one to four times daily on an empty stomach, or as recommended by a healthcare practitioner.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.