

## Taurine Powder

**300 grams**

Item Catalog Number: 00133

Taurine is a conditionally essential amino acid produced from cysteine by the body and found abundantly in the body, particularly throughout the excitable tissues of the central nervous system, where it is thought to have a regulating influence. However, taurine is deficient in many diets and may not be sufficiently produced by the body in certain disease states.<sup>108-114\*</sup>

## References

## Supplement Facts

Serving Size 1/4 level teaspoon (approx. 750 mg)

Servings Per Container approximately 400

### Amount Per Serving

L-Taurine 750 mg

Other ingredients: none.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish, soybeans, tree nuts, wheat, yeast, gluten, corn, or rice.

Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

## Dosage and Use

- Mix 1/4 level teaspoon daily in water or juice, 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.

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