



Taurine

What Is It?

Taurine is the most abundant free amino acid in the heart and nervous system, and it plays a role in the healthy functioning of the brain, heart, gallbladder, eyes, and vascular system. As a dietary supplement, it is most notably known for its heart muscle support.*

Uses For Taurine

Cardiovascular Support: Taurine facilitates the passage of sodium, potassium and, possibly, calcium and magnesium ions into and out of cells, and electrically stabilizes cell membranes. It maintains healthy cAMP activity, which activates important enzymes in the heart muscle, and contributes to the muscle's contractibility.*

Detoxification: Taurine is an important component of bile acids which aid in the absorption of fat-soluble vitamins. It aids the body's chemistry by detoxifying harmful chemicals. Dietary taurine promotes the formation of taurocholate, a substance which increases cholesterol secretion in the bile and also supports fat metabolism in the liver.*

What Is The Source?

Taurine is synthetically produced. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Taurine 1,000 mg.: 1-6 capsules per day, in divided doses, between meals.

Taurine 500 mg.: 2-4 capsules per day, in divided doses, between meals.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

Taurine 1,000 mg.

each vegetable capsule contains



taurine (free-form)	1,000 mg.
vitamin C (as ascorbyl palmitate)	10 mg.

1-6 capsules per day, in divided doses, between meals.

Taurine 500 mg.

each vegetable capsule contains



taurine (free-form)	500 mg.
vitamin C (as ascorbyl palmitate)	5 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	

2-4 capsules per day, in divided doses, between meals.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.