

# Taurine

## Cardiovascular and detoxification support<sup>†</sup>

### INDICATIONS

- Ages 18 and up
- Cardiovascular and detoxification support<sup>†</sup>

### BENEFITS

- Promotes heart health<sup>†</sup>
- Supports cardiovascular function<sup>†</sup>
- Provides support for detoxification and hepatic lipid metabolism<sup>†</sup>

### FEATURES

- Taurine is the most abundant free amino acid in the brain, heart and nervous system
- Made with high-quality vegan ingredients backed by verifiable science

### VERIFIABLE SCIENCE

Taurine is the most abundant free amino acid in the brain, heart and nervous system, and it plays a role in the healthy functioning of the brain, heart, gallbladder, eyes and vascular system. It facilitates the passage of sodium, potassium and, possibly, calcium and magnesium ions into and out of cells and electrically stabilizes cell membranes.<sup>1</sup> It maintains healthy cAMP activity, which activates important enzymes in the heart muscle and contributes to the muscle's contractibility.<sup>2</sup> Taurine is an important component of bile acids, which aid in the absorption of fat-soluble vitamins.<sup>3</sup> It aids the body's chemistry to support the normal detoxification process.<sup>4</sup> Dietary taurine promotes the formation of taurocholate, a substance that increases cholesterol secretion in the bile and also supports fat metabolism in the liver.<sup>5†</sup>

### SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-4 times daily, between meals.

### STORAGE

Store in a cool, dry place.

### WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

### 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

### NOTES

Taurine 500 mg

Size 1 caps

Bottle count 60

Order codes TA56

Bottle size 120 cc

Taurine 1,000 mg

Size 00 caps

Bottle count 120

Order codes TA11

Bottle size 190 cc

### REFERENCES

1. Noulin JF, et al. *Am J Physiol*. 1999 Aug;277(2 Pt 2):F290-7.
2. Yang Q, et al. *Adv Exp Med Biol*. 2013;776:217-29.
3. Hardison WG. *Gastroenterology*. 1978 Jul;75(1):71-5.
4. Jagadeesan G, et al. *J Environ Biol*. 2007 Oct;28(4):753-6.
5. Zhang M, et al. *Amino Acids*. 2004 Jun;26(3):267-71.

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## SUPPLEMENT FACTS

**1 capsule, 1-4 times daily, between meals.**

**Each (size 1) vegetarian capsule contains:**

Taurine (free-form) 500 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate



Taurine 500 mg	Quantity	Order Code
	60	TA56

**1 capsule, 1-4 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

Taurine (free-form) 1,000 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



Taurine 1,000 mg	Quantity	Order Code
	120	TA11

Visit [PureEncapsulationsPro.com](https://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>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.

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