

L-Taurine

Get more out of your
vitamins

- PROTECTS THE HEART
- REDUCES ANXIETY
- STIMULATES POOR BRAIN FUNCTION
- INCREASES VITAMIN ABSORPTION



L-Taurine is a specialized amino acid which is an ion. It acts as a pH buffer in the heart, skeletal muscles and central nervous system. L-Taurine is a nonprotein amino acid that is the end product of L-cysteine metabolism and the principal free intracellular amino acid found in human tissue.

The most understood role of L-aurine in humans is its involvement in the formation of taurine bile acids conjugate in the liver. These acids are essential for micelle formation and fat absorption. L-Taurine is an important component in bile, which acting like soap, helps your body break down fats and fat-soluble vitamins. Bile is also used to control cholesterol levels. Recent research indicates taurine's role as an important nerve and muscle interaction regulator.

Clinical studies in humans have demonstrated beneficial effects in congestive heart failure, diabetes, and seizure disorders. Diabetics are known to have lower levels of taurine. Taurine improves the utilization of sugar and potentiates the action of insulin. It is also used for its beneficial effects on eye and heart health. 1/8 tsp. has 350 mg. Recommended dosage: 250 mg to 3 g per day.

L-Taurine is also used in the construction of all the other amino acids. Furthermore, L-aurine is involved in pre/postnatal nervous and visual system development. L-Taurine has antioxidant, membrane stabilization activities and may decrease insulin resistance. Taurine is also a potent antioxidant and antitoxin, and in these roles is particularly important to the liver and immune system. This amino acid L-aurine is not as easily found in animal meat as other amino acids and it must either be synthesized by your body or taken in supplement form. L-Taurine synthesis requires L-cysteine and vitamin B₆, both of which are not always present in sufficient quantities. Deficiencies in L-aurine can lead to epilepsy, anxiety, hyperactivity and poor brain function.

L-Taurine is an essential amino acid for human nutrition.

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Each vegetable capsule contains:

L-Taurine..... 500 mg

Non-medicinal ingredients: Vegetable magnesium stearate and silicon dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.

Suggested use:

As a dietary supplement, take 1 capsule daily with a meal.

Contains no: Yeast, corn, wheat, sugar, salt, starch, milk, egg, artificial flavour or colour, chemical additives or preservative.

Keep out of reach of children.

Manufactured under strict GMP (Good Manufacturing Practices)
New Roots Herbal at 1-800-268-9486 or www.newrootsherbal.com