

# Taurine

*Amino acid with multiple roles*

Taurine is an amino acid derived from another amino acid, cysteine. The body synthesizes taurine internally but it is unknown whether this internal production is sufficient to meet the full need for taurine. Certain circumstances may increase the body's demand for taurine, such as intense exercise and stress, and taurine synthesis also declines during the natural aging process. Additionally, taurine is virtually absent from plant foods, so vegetarians and strict vegans may benefit from supplementing with taurine. Rich sources of taurine include beef, pork, shellfish, and dark meat poultry, with small amounts occurring in dairy foods.

Taurine is involved in many physiological processes in the body and is vital for the healthy functioning of organs with high energy demands such as the brain, heart, liver and kidneys. It helps regulate the balance of sodium and potassium inside and outside cells, which is critical for maintaining proper fluid balance and alleviating occasional bloating and water retention, such as during the menstrual cycle or that induced by extended air travel. Taurine is a critical factor in the liver's detoxification processes and it is also needed for synthesis of bile, a compound that plays a role in the proper digestion of fats and therefore, absorption of fat-soluble nutrients.\*

## Benefits

**Water and Electrolyte Balance:** Taurine helps maintain equilibrium of water in the body by encouraging normal flow of electrolytes (mainly potassium, calcium and sodium) in and out of cells and facilitating the excretion of excess water. This may help to reduce occasional bloating and water retention. The release of excess water may also contribute to maintenance of healthy blood pressure.\*

**Cardiovascular support:** This product may promote cardiovascular wellness through several methods, including supporting healthy blood lipids, blood pressure, proper functioning of platelets (involved in blood clotting), and by facilitating energy generation in the heart muscle.\*

**Blood Glucose Metabolism:** Taurine may help support the maintenance of healthy blood glucose metabolism.\*

**Antioxidant Effects:** Taurine functions as an antioxidant and may help protect against damage to cells and blood vessels induced by free radicals.\*

**Recommended Use:** Take one capsule per day with a meal, or as directed by your health care practitioner.

## Benefits of Taurine:\*

- Supports healthy blood pressure already in the normal range
- Boosts antioxidant defenses
- Promotes energy generation in heart muscle cells and supports a healthy heart rhythm
- Aids in glucose metabolism and insulin sensitivity
- Works as a natural diuretic (helps the body release excess water)
- Required for bile synthesis — facilitates proper digestion of fats



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).