



TAURINE

SUPPORTS CARDIOVASCULAR FUNCTION
120 VEGETARIAN CAPSULES | NPN80045319 | TAU120-CN

Taurine is a sulfur-containing amino acid that plays many roles in promoting health. Dietary sources of taurine are meat and seafood, especially shellfish such as mussels, clams and oysters. Those who do not eat these foods regularly, especially vegetarians, may be at risk for taurine deficiency. The scientific community is still in disagreement as to whether humans make enough taurine in their own metabolism to meet their needs. Also, elevated levels of homocysteine are a sign that the body may be having difficulty making taurine. Because taurine is essential for heart function, immune function, glucose metabolism, and nervous system health, low levels of taurine should be addressed with dietary changes and/or supplementation.

HEART FOOD

Taurine is one of the most important nutrients for promoting heart health. It may strengthen the heart muscle and plays a major role in regulating the heart's contractility.¹ Taurine also acts as a natural diuretic by keeping potassium and magnesium inside cells and keeping excess sodium out. Such mineral balance is crucial for heart vitality and overall wellness. By encouraging the excretion of excess fluid, taurine may help to alleviate pressure on the blood vessels. Additionally, taurine may increase circulation and could help support normal blood pressure by dampening the sympathetic nervous system, which, when overactive, constricts blood vessels.

IRREGULAR HEART RHYTHM MAY BE A SIGN OF TAURINE DEFICIENCY

Taurine helps promote a stable heart rhythm. This amino acid should be thought of whenever cardiac arrhythmias are present, because a potential cause may be a lack of taurine. Magnesium and potassium are also excellent heart-supporting nutrients that should be considered for patients with arrhythmias.

TAURINE MAY AID WITH SEIZURE DISORDERS

Taurine's calming effects on cell membranes make it a useful tool in the management of epilepsy. Research in animal studies has shown that taurine may have anticonvulsant action in seizures.² A study showed people with epilepsy have less taurine than controls, and that some anticonvulsant medication may actually affect the transport of taurine in the body.³ Some practitioners have reported that those with seizure activity could remain free of seizures when taking taurine.⁴

PROTECTING VISION

The retinas contain the highest concentration of polyunsaturated fats of any cells in the body. These delicate fats need antioxidant protection provided by many nutrients, including taurine. A deficiency of taurine may increase damage to the retinas of both animals and humans.⁵ Taurine may offer benefit for those with macular degeneration, though clearly more research is needed.⁶

SUPPORTING IMMUNE SYSTEM HEALTH

Taurine is the most abundant amino acid in our white blood cells. It is the shield these infection fighters use to protect themselves in their battle against viruses, bacteria, and other invaders. When taurine is lacking, white blood cells often will not fire, greatly weakening the body's ability to protect itself.

BLOOD SUGAR SUPPORT

Taurine may help stabilize blood sugar. Taurine appears to do this by potentiating the activity of the insulin receptor. A daily dose 1.5 grams may keep blood sugar lower over the long term and reduce abnormal platelet activity.⁷ Taurine may improve cellular sensitivity to insulin. People with diabetes should use taurine under medical supervision, as taurine may alter the need for blood sugar lowering medication.

AIDING FAT METABOLISM

Bile, which is necessary to break down fats, is made in the liver with the help of glycine or taurine. With optimal taurine intake, bile remains in a liquid state and may be less likely to form gallstones. Additionally, people with cystic fibrosis may be able to digest fats more successfully when taking taurine supplements.⁸

Few adverse reactions are associated with taurine supplementation. Most people tolerate between 1.5 to 3 g per day per day well. However, those with ulcers should use taurine carefully because taurine may increase the secretion of stomach acid. Patients with medical conditions should take taurine with the guidance of a health care practitioner, as taurine may change the need for certain medications.

Medicinal Ingredients (per capsule):

Taurine (2-Aminoethanesulfonic acid).....1000 mg

Non-Medicinal Ingredients: Hypromellose, magnesium stearate (vegetable source).

Recommended Dose: Adults: Take 2-3 capsules once per day, or as directed by your health care practitioner.

REFERENCES

1. Chapman RA, Suleiman MS, Earm YE. Taurine and the heart. *Cardiovasc Res* 1993;27(3):358-63.
2. Huxtable RJ, Nakagawa K. The anticonvulsant actions of two taurine derivatives in genetic and chemically induced seizures. *Prog Clin Biol Res* 1985;179:435-48.
3. Collins BW, Goodman HO, Swanton CH, Remy CN. Plasma and urinary taurine in epilepsy. *Clin Chem* 1988;34(4):671-5.
4. Robert C. Atkins MD. Dr. Atkins' Vita-Nutrient Solution. 1998:185.
5. Lombardini JB. Taurine: retinal function. *Brain Res Brain Res Rev* 1991;16(2):151-69.
6. Gerster. *Age and Aging*. 1991;20:60.
7. Franconi F, Bennardini F, Mattana A, et al. Plasma and platelet taurine are reduced in subjects with insulin- dependent diabetes mellitus: effects of taurine supplementation. *Am J Clin Nutr* 1995;61(5):1115-9.
8. Smith LJ, Laccaille F, Lepage G, Ronco N, Lamarre A, Roy CC. Taurine decreases fecal fatty acid and sterol excretion in cystic fibrosis. A randomized double-blind trial. *Am J Dis Child* 1991;145(12):1401-4.

Taurine

A powerful health promoter

Taurine is an amino acid that plays numerous roles in promoting health. It is essential for heart function, fat metabolism, immune function, and maintaining visual acuity.

Dietary sources of taurine include meat and seafood, especially shellfish such as mussels, clams and oysters. Individuals who do not eat these foods regularly, especially vegetarians, may be at risk for taurine deficiency. The scientific community is still in disagreement as to whether humans make enough taurine in their own metabolism to meet their needs.

Highlights

Promotes heart health – Taurine is one of the most important nutrients for promoting heart health. As a natural diuretic, taurine keeps potassium and magnesium inside cells while keeping excess sodium out. This mineral balance is crucial for heart vitality and overall wellness. Unlike prescription diuretics, taurine is a familiar and vital nutrient to the body, and does not act against the kidneys. Also, by encouraging the natural excretion of excess fluid, taurine helps maintain healthy blood pressure.

Optimal fat metabolism – Bile is a fluid that is made in the liver with the help of taurine, and is necessary for the proper digestion of fats. With an optimal intake of taurine, bile remain in a healthy, liquid state, and is able to help maintain optimal fat metabolism.

Supports a healthy immune system – Taurine is the most abundant amino acid in white blood cells, which are the cells of the immune system. Thus, taurine is a key player in promoting the proper functioning of white blood cells and helping to support a healthy immune response.

Taurine as an antioxidant – The retinas in our eyes contain the highest concentration of polyunsaturated fats of any cells in the body. These delicate fats need antioxidant protection provided by many nutrients, including taurine. Taurine works to support healthy vision and to aid in the optimal functioning of the central nervous system. Taurine also plays an important role as an antioxidant in lung tissue.

Benefits of Taurine

- Helps support cardiovascular function and a healthy circulatory system
- Helps maintain healthy blood pressure
- Promotes heart health
- Works as a natural diuretic
- Supports the immune system
- Supports fat metabolism
- Helps maintain visual acuity
- Helps with healthy glucose metabolism
- Helps support healthy lung function

Recommended Dose

Take one capsule per day, or as directed by your health care practitioner.

