

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 Use

As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.



*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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