



TAURINE

- Supports Cardiovascular Function*
- Improves Cardiac Performance*

Taurine



Taurine is a conditionally essential amino acid. During times of extreme physical exhaustion, supplementation is recommended and has been found to have the following benefits.

Improves Athletic Performance: A study posted in FASEB found several exercise-related benefits of Taurine. Supplementation improved skeletal functions and provided an energizing effect.*

Improves Mental Focus: Taurine acts as a metabolic transmitter and is important for brain metabolism. It may also help to stabilize the cell membranes in the brain and heart.*

Regulates Mineral Balance: Taurine regulates water and mineral salts in the blood. Its ability to regulate electrolytic balance helps prevent muscle cramping.*

Enhances Muscle Contractions: Taurine enhances the ability of the muscles to generate force by increasing the uptake and release of calcium ions.*

Acts as a Cell Volumizer: Similar to Creatine, Taurine draws water in muscle cells and acts as a cell volumizer; this in turn draws additional nutrients for recovery and growth; increasing cell volume and enhancing muscle fullness.*

Plays a role in Nitric Oxide Production: Nitric oxide production is critical to blood flow for greater oxygen supply and nutrient delivery. This mechanism may enhance the workout session and lead to a more rigorous workout.*

Improves Body Composition: A clinical trial in which overweight and obese men were given 3 g of Taurine a day for 7 weeks experienced a significant reduction in serum fatty acid levels, and overall reduction in bodyweight.*

Supplement Facts

Serving Size 1 Scoop (3 g)
Servings Per Container ~133

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
| Taurine 3 g | † |

† Daily Value not established.

US1020

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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