Taurine 500mg
(Free-form)

Presentation
A white powder in a clear hard shell capsule.

Each capsule delivers:
Taurine   500mg

Encapsulated with:
Rice Flour, Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Stearate, Silicon Dioxide.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians Ⓥ **and vegans** Ⓥ

quantity
60

type
capsules

code
8325

Uses
Taurine is one of the lesser known sulphur amino acids, and can be synthesised by the body from cysteine as long as vitamin B6 is present. It plays a variety of roles in the normal functioning of the brain, heart, gallbladder, eyes and vascular system.

Taurine has many diverse biological functions, serving as a neurotransmitter in the brain, a stabiliser of cell membranes and a facilitator in the transport of ions such as sodium, potassium, calcium and magnesium. Taurine, after GABA, is the second most important inhibitory neurotransmitter in the brain. The amino acids alanine, glutamic acid and pantothenic acid inhibit taurine metabolism, while vitamins A and B6, zinc and manganese help to synthesise taurine. Cysteine and vitamin B6 are the nutrients most directly involved in taurine synthesis. The gallbladder utilises taurine for the formation of taurocholic acid, one of the two primary bile acids necessary for the breakdown of fats in the small intestine. Taurine is also involved with bilirubin and cholesterol excretion in bile.

- High alcohol intake increases losses
- Often low in vegans and vegetarians
- Is one of the main ingredient in popular energy drinks, although there is little scientific data to support this use.

Usage and administration
1 to 3 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.
An Amino Acid is best taken $^1/_2$ hour before any meal or at bedtime.

Allergen advice
None (see page 194).

Cautions
This product is not recommended for children, or pregnant or lactating women.

Storage instructions
To be stored in a cool, dry place and protected from light.

Legal category
Food supplement.