

Peel Here  
for more information

**Do Not Eat Freshness Packet. Keep in Bottle.**  
Store in a cool, dry place. Please Recycle.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Made in the U.S.A. [www.protocolforlife.com](http://www.protocolforlife.com)  
Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431

Other ingredients: Gelatin (capsule) and Stearic Acid (vegetable source).

## Supplement Facts

Serving Size 1 Capsule

**Amount Per Serving**

**Taurine (Free-Form) 1.0 g (1,000 mg)\***

\* Daily Value not established.



**PROTOCOL**  
FOR LIFE BALANCE™

# Extra Strength Taurine 1000 mg

- Supports a Calm Mood\*
- Nervous System Health\*

10% of profits donated for health research

**100 Capsules**

A Dietary Supplement

**SUGGESTED USAGE:** As a dietary supplement, take 1 capsule one or more times daily as recommended by your health care practitioner.

Protocol For Life Balance™ Taurine is a free-form amino acid that participates in a variety of metabolic processes.\* It is involved in bile acid conjugation, detoxification, neuromodulation and membrane stabilization, as well as acting as an antioxidant.\* Taurine is present in relatively high concentrations in the retina, where it helps protect the eye from oxidant damage.\* Although Taurine can be produced by the body, it nevertheless is sometimes considered to be a conditionally essential\* nutrient.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Taurine is an amino acid found in particularly high concentrations in the white blood cells, skeletal muscle, central nervous system, as well as the heart muscle. In adults, but not children, this nutrient can be manufactured from Methionine or Cysteine in the liver, but vitamin B<sub>6</sub> must be present. In nature, Taurine is typically found in foods from many animal sources.

Taurine is a key ingredient of bile, which in turn is needed for fat digestion, absorption of fat-soluble nutrients, detoxification, and the metabolism of cholesterol.\* Taurine's role in the production of cellular antioxidants such as glutathione is well recognized.\* It is also important for the modulation of cellular calcium levels and, through this and other mechanisms, is critical for heart health.\* In addition, Taurine functions as a neurotransmitter, supporting proper neurological and electrical activity in the brain and other tissues.\*

**Cautions and Interactions**  
Taurine has no contraindications at the suggested level of intake.

**Guaranteed Quality**  
This is an FDA-regulated dietary supplement that is produced in an FDA- and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and efficacy of this supplement. We utilize advanced analytical and microbiological testing methods, with capabilities that are state-of-the-art and exceed basic lab requirements.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

This product contains an Ageless® anti-oxygen packet to enhance protection during storage.



5

CODE P0142

V2