

USAGE: Take 1 capsule per day or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Taurine is a sulfur-containing, antioxidant amino acid that supports antioxidation, aids in osmoregulation (maintenance of proper concentrations of ions) inside the cell, membrane stabilization, bile acid conjugation, neuroprotection and athletic performance.*

Keep out of the reach of children.

Store in a cool, dry place.

* 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.

Jarrow
FORMULAS®

Meets USP Standard

Taurine

Antioxidant Amino Acid*

1000
MILLIGRAMS

100
CAPSULES

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

	Amount Per Serving	% DV
Taurine	1,000 mg	†

† Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and cellulose. Capsule consists of bovine gelatin.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

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FILL LINE

Distributed Exclusively by:

Jarrow FORMULAS®
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Lot #: Best Used Before:

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