

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: Silicon dioxide, magnesium stearate (vegetable source) and cellulose. Capsule consists of bovine gelatin (BSE-free).

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

APPROX.
FILL LINE

Distributed Exclusively by:

Jarrow FORMULAS®
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Lot #: Best Used Before:

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