

ALLMAX 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.*

In a study conducted on the link between Taurine deficiency and obesity in mice, the researchers found that an increase in Taurine in the body led to a greater rate of energy usage and reduction in the build up of fat.*



*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.

SCIENCE • INNOVATION • QUALITY • RESULTS

ALLMAX®

PROFESSIONAL GRADE SUPPLEMENTS

TAURINE

- + IMPROVES MENTAL FOCUS*
- + POTENT ENERGY SOURCE*
- + IMPROVES BODY COMPOSITIO



400 G

Net Wt 14.11 oz (400 g)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size approx. ¼ tsp. (3 g)

Servings Per Container 133

Amount Per Serving	% Daily Value
Taurine 3 g	†

† Daily Value not established.

SUGGESTED USE: Mix 3 g (approx. ¼ tsp.) of ALLMAX® Taurine in 6-8 oz (180-240 ml) of water or juice and drink 30 minutes before workouts.

WARNINGS: Use only as directed. Consult a healthcare practitioner prior to use if you are taking any medications or if you are pregnant or nursing. Do not use if seal under cap is broken. Store in a cool, dry place. Not for use by individuals under the age of 18 years. KEEP OUT OF REACH OF CHILDREN.

CALIFORNIA WARNING: Lead is known to the State of California to cause birth defects or reproductive harm. Consuming this product can expose you to more than 0.000005 g of lead. For more information go to www.P65Warnings.ca.gov.

ALLERGEN WARNING: Produced in a facility that also handles Milk, Soy, Egg, Peanut, Tree Nut, Fish and Shellfish products.

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