

Taurine is a conditionally essential amino acid which is not utilized for protein synthesis, but is mainly found free in most tissues, especially throughout the nervous system. It functions in tissues by stabilizing cell membranes, aiding the transport of potassium, sodium, calcium and magnesium in and out of cells. Taurine helps to generate and regulate nerve impulses and aids in the maintenance of fluid BALANCE; it is also used by the body in visual pathways, as well as in the brain and nervous system, where it works together with glycine and GABA as a neurotransmitter.\* Certain research publications indicate that Taurine may help support the following:

- ▶ Supports healthy liver function\*
- ▶ Supports healthy digestive system\*
- ▶ Supports healthy brain & eye maturation\*

**SUGGESTED USE:** As a dietary supplement, take one (1) tablet one to two times daily with juice or water, preferably between meals.

**Keep out of the reach of children.**

**Do not use if safety seal is broken or missing.**

**Keep in 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.

 **MADE IN USA**



# Taurine

## Premium Formula



# 1000 mg

*3rd Party Lab Tested*

**250 TABLETS**

**DIETARY SUPPLEMENT**

## Supplement Facts

Serving size: 1 tablet  
Serving per container: 250

	Amount per serving	%Daily Value
Taurine (free-form)	1 g (1,000 mg)	*

\*Daily Value not established.

**Other Ingredients:** Vegetable cellulose, dicalcium phosphate, vegetable stearic acid, silica, pharmaceutical glaze, magnesium stearate.

**CAUTION:** For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Corn, No Soy, No Egg, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.**

Manufactured for Best Naturals,  
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For additional information call 1-877-659-6004

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