

Suggested Usage: Take 1 capsule 1 to 2 times daily with juice or water, preferably between meals.

Taurine is a conditionally essential amino acid that 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 and aiding the transport of potassium, sodium, calcium and magnesium in and out of cells.* Taurine helps to generate and regulate nerve impulses and supports the maintenance of normal 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.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication (including anti-hypertensive and diuretic medications), or have a medical condition (including hypotension). Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

Distributed by Lucky Health Group Inc.
Carshocken, PA 19428, USA
1-888-635-0474

www.LuckyVitamin.com



1 YEAR
happiness
GUARANTEE

CAPSULE SIZE

**LUCKY
VITAMIN**

Taurine

1,000 mg

• Nervous System Health*

250 Veg Capsules

Dietary Supplement

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Taurine (Free-Form)	1 g (1,000 mg)*
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* Daily Value not established.

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

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

Non-GMO



LU0143B V1