

**The Second Most Abundant Amino Acid in Muscle After Glutamine**  
 Taurine has been known to increase muscle mass, muscle strength, and power, reduce muscle damage caused by exercise, accelerate recovery between workouts, and help to load essential nutrients into muscle.

**High Concentrations of Taurine are Important for Performance Athletes**  
 Many studies have been performed on the health benefits of Taurine. A two week study involving Taurine depletion methods of intense and exhaustive exercise revealed that subjects who supplemented Taurine did not have any depletion of the amino acid in their body.

**Taurine Differs From Most Other Amino Acids**  
 This is because Taurine is not incorporated into proteins. However, it does play many significant roles in the body including bile acid conjugation, detoxification, membrane stabilization, osmoregulation, modulation of excitatory neurotransmission, and intracellular calcium levels. The average Taurine intake in humans is estimated at 60 mg daily. With supplementation, you can far exceed this amount and readily increase Taurine levels in many tissues, which leads to enhanced physical performance.

High-Performance Liquid Chromatography (HPLC) Verified

8 20103 30962 2  
 Exp 11/2018 Lot TA250802

975 Bennett Drive  
 Longwood, FL 32750



HPLC Verified

**NutraKey**  
 Health Performance INC

**MUSCLE PERFORMANCE**

**ULTRA PURE NO FILLERS**

# TAURINE

Ultra Micronized **Max Bioavailability**

## ATHLETIC PERFORMANCE

- ENHANCE MUSCLE ENDURANCE
- IMPROVE RECOVERY TIME
- BOOST PHYSICAL PERFORMANCE

**PHARMACEUTICAL GRADE 250 Grams (0.55 lbs)**

DIETARY SUPPLEMENT

keyhealth.com  
 FREE GIVEAWAYS

MakeLifeBetter

Supplement Facts		
Serving Size: 1 Scoop (1 gram)	Amount Per Serving	%DV
Servings per container: 250		
L-Taurine	<b>1000 mg</b>	<b>**</b>
<i>**No daily value has been established for this supplement</i>		
<b>Recommended Use:</b> Take 1 serving (1 scoop) with water or favorite beverage 2-3 times daily on an empty stomach. Take first dose in the morning or 30 minutes prior to workout and second dose in the evening or immediately after your workout.		

Other Ingredients: None. Contains absolutely no added fillers, excipients, or substances.

- INCREASE MUSCLE SIZE, STRENGTH, AND POWER
- ESSENTIAL ION AND PH BUFFER IN MUSCLE
- SIGNIFICANT IMPROVEMENTS IN EXERCISE PERFORMANCE
- PROMOTE FAT DIGESTION AND HEALTHY CHOLESTEROL
- IMPROVE ELECTROLYTE BALANCE
- PROFOUND EFFECTS ON ENDURANCE

**Pure Nutrition** *Go Green*

Warning: Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Do not use if seal is broken.  
 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.