

**SUGGESTED USE:** Adults take 1 capsule once a day or as directed by your qualified healthcare professional.

**Taurine** is a sulfur-containing, antioxidant amino acid that supports osmoregulation (maintenance of concentrations of ions) inside the cells, membrane stabilization, bile acid conjugation, and neuroprotection.\*

**WARNING:** Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

**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.**

Do not use if safety seal is damaged or missing.

Lot #. Best Used Before:

**Jarrow  
FORMULAS®**

# Taurine

**ANTIOXIDANT**

Supports neuroprotection\*

 **gluten free**

**100** CAPSULES  
DIETARY SUPPLEMENT

**1000 MG**



## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
Taurine	1,000 mg †

† Daily Value (DV) not established.

Other Ingredients: Capsule (bovine gelatin), magnesium stearate (vegetable source) and microcrystalline cellulose.

Distributed by Jarrow Formulas, Inc.  
Sherman Oaks, CA 91403, USA  
1-866-459-4154 [www.Jarrow.com](http://www.Jarrow.com)

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

06423TAU PROD # 115020



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APPROX.  
FILL LINE