

Suggested Usage: Take 1 capsule 1 to 4 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.

CODE 0140 V3



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CAPSULE SIZE



Taurine

500 mg

Nervous System Health*

Healthy Visual Function*



100 Capsules
A Dietary Supplement

Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Taurine (Free-Form)	500 mg*
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* Daily Value not established.

Other ingredients: Rice Flour and Gelatin (capsule).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

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.

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

