

**Suggested Usage:** Take 1/4 level teaspoon 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 Enclosed.

Natural color variation may occur in this product.

CODE 0260 V6



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# Taurine

## Pure Powder

Nervous System Health\*

Healthy Visual Function\*

Net Wt. 8 oz. (227 g)

A Dietary Supplement    Vegetarian/Vegan



Amino Acids

Family owned since 1968.

## Supplement Facts

Serving Size 1/4 Level Teaspoon (approx. 1 g)  
Servings Per Container about 227

### Amount Per Serving

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

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomingdale, 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.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.

