

## **TAURINE**

L-Taurine is a non-essential amino acid found in high concentrations in the white blood cells, skeletal muscles, the central nervous system and the heart muscles. The addition of Vitamin B6 is required for nutrient synthesis from other nutrients, and for maximum absorption and effectiveness in the body.

Taurine is essential for bile production in the liver, which is needed for fat digestion and metabolism. Taurine also helps to maintain cholesterol levels, blood pressure and a healthy cardiovascular system.

Taurine is a non-essential amino acid which can be derived from your diet or synthesized from the amino acid cysteine, if there is enough cysteine & pyridoxal-5-phosphate (co-enzyme B6.) Taurine is highly concentrated in animal & fish protein.

Taurine is essential to fetal & new born central nervous system development. The infant cannot initially manufacture taurine & must obtain taurine from its mother's milk.

Taurine plays a variety of roles in the normal functioning of the brain, heart, gallbladder, eyes, & vascular system. It is the most important & abundant free amino acid in your heart & contributes to your heart muscles' contractility & regulation of its rhythm.

Taurine acts as a neurotransmitter in your brain where it is the second most abundant amino acid. It also protects & stabilizes the brain cells' fragile membranes. It is an inhibitory calming neurotransmitter.

Taurine is found in high concentrations in your eyes & is the most abundant amino acid in your retina.

Taurine is known to re-invigorate the natural killer cells of your immune system & to stimulate the release of the immune substance, Interleukin-1.

### **Additional benefits & uses are:**

- Plays a role in decreasing the development of **cataracts**.
- Useful in the management of **chemical sensitivities** as a powerful sulfur donor which removes foreign material & oxidized chlorine.
- Useful with malabsorption of fats.
- Important for proper **bile production & fat metabolism**, thus the ability to reduce body cholesterol.
- For **anxiety, agitation, hyperactivity**.
- For **insomnia**.
- **Depression**.
- **Vegetarianism**.
- **High blood pressure**.
- **Certain heart irregularities**.
- **Congestive heart failure**.
- **Diabetes**, potentiates & improves the action of insulin.
- **Alcoholism**.
- **Gallbladder disease**.
- **Macular degeneration/retinitis pigmentosa**.
- **Immune problems**.

L-Taurine, found in eggs, fish, meat, and milk is a building block for all the other amino acids. Taurine is a key component in the production of bile, which is needed for the digestion of fats, the absorption of fat-soluble vitamins, and the support of healthy cholesterol levels. Taurine has been shown to play a particular role in sparing of potassium from the heart muscle, thereby promoting a healthy heart. L-Taurine provides support for neurotransmitters and has a protective effect on the brain. The benefits of L-Taurine are wide ranging and can be a productive part of a total supplement program