

## “Eye” Love Taurine!

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As we age, maintaining good vision is critical for enjoying a great quality of life. Yet, eye health is something a large majority of the population does not think about. Your eye health is directly related to your lifestyle and there are many steps you can take to ensure healthy eyes.

Taurine is found in high concentrations in the eye and is the most plentiful amino acid in the retina of all animal species. Taurine has multiple functions to maintain normal retinal structure and function. Decreased taurine levels in the eyes are linked to the disease retinitis pigmentosa. Depletion of taurine leads to the degeneration of the photoreceptor cells.

While taurine is known to protect both the body and the eyes from various toxins, researchers are also speculating that taurine may be helpful in preventing cataracts! Taurine’s benefits also go beyond eyesight:

**“Meat and fish are the best food sources for taurine.”**



### *TAURINE*

- \* It is an inhibitory neurotransmitter in the central nervous system.
- \* It plays a role in digestion.
- \* Taurine is good when under high stress or in disease states.
- \* It functions as a detoxifying agent.
- \* It is required for efficient fat absorption and solubilisation.
- \* It is an effect antioxidant.
- \* It may have an important role in renal development.
- \* It is protect both the body and the eyes from various toxins.