

# TAURINE

BOOSTS BRAIN CELL REGENERATION  
& SUPPORTS WHOLE-BODY HEALTH

**Taurine**, a free amino acid, has been described by scientists as **“one of the most essential substances in the body.”**<sup>1</sup> But as we age, taurine levels decline.

## Cognitive Function and Brain Cell Regeneration

The benefits of taurine on brain cell growth are especially evident in those with a taurine deficiency, which includes *aging individuals*.

Promising research has found that taurine can promote **new brain cell formation** in the area of the brain associated with **learning** and **memory**. It does so by activating hibernating **stem cells** that are capable of growing into several different kinds of cells.<sup>2</sup>

Taurine also enhances **neurites**, the tiny projections that help brain cells communicate with each other.

## Whole-Body Health

Past research has also shown the ability of taurine to maintain and support:<sup>3-9</sup>

- Cardiovascular health,
- Insulin sensitivity,
- Modulation of the immune system,
- Regulation of the central nervous system,
- Liver function,
- Eye health, and
- Hearing function.

One capsule taken one to three times daily on an empty stomach, or as recommended by a health care practitioner, supports optimal cardiovascular levels.

### References

1. *Mol Vis.* 2012;18;2673-86.
2. *Stem Cell Res.* 2015 May;14(3):369-79.
3. *Exp Clin Cardiol.* 2008 Summer;13(2):57-65.
4. *Exp Mol Med.* 2012 Nov 30;44(11):665-73.
5. *Curr Opin Clin Nutr Metab Care.* 2006 Nove;9(6):728-33.
6. *J Biomed Sci.* 2010 Aug 24;17 Suppl1:S1.
7. *Amino Acids.* 2008 Aug;35(2):469-73.
8. *Amino Acids.* 2012 Nov;43(5):1979-93.
9. *Neurosci Lett.* 2006 May 15;399(1-2):23-6.



## Taurine

Item #01827 • 90 vegetarian capsules

Non-GMO

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VISIT YOUR LOCAL  
HEALTH FOOD STORE.