**TAURINE**

* Supports Cardiovascular Function\*
* Improves Cardiac Performance\*

Taurine is a conditionally essential amino acid. During times of extreme physical exhaustion, supplementation is recommended and has been found to have the following benefits.

Improves Athletic Performance: A study posted in FASEB found several exercise-related benefits of Taurine. Supplementation improved skeletal functions and provided an energizing effect.\*

Improves Mental Focus: Taurine acts as a metabolic transmitter and is important for brain metabolism. It may also help to stabilize the cell membranes in the brain and heart.\*

Regulates Mineral Balance: Taurine regulates water and mineral salts in the blood. Its ability to regulate electrolytic balance helps prevent muscle cramping.\*

Enhances Muscle Contractions: Taurine enhances the ability of the muscles to generate force by increasing the uptake and release of calcium ions.\*

Acts as a Cell Volumizer: Similar to Creatine, Taurine draws water in muscle cells and acts as a cell volumizer; this in turn draws additional nutrients for recovery and growth; increasing cell volume and enhancing muscle fullness.\*

Plays a role in Nitric Oxide Production: Nitric oxide production is critical to blood flow for greater oxygen supply and nutrient delivery. This mechanism may enhance the workout session and lead to a more rigorous workout.\*

Improves Body Composition: A clinical trial in which overweight and obese men were given 3 g of Taurine a day for 7 weeks experienced a significant reduction in serum fatty acid levels, and overall reduction in bodyweight.\*

In a study conducted on the link between Taurine deficiency and obesity in mice, the researchers found that an increase in Taurine in the body led to a greater rate of energy usage and reduction in the build up of fat.\*

\* 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.