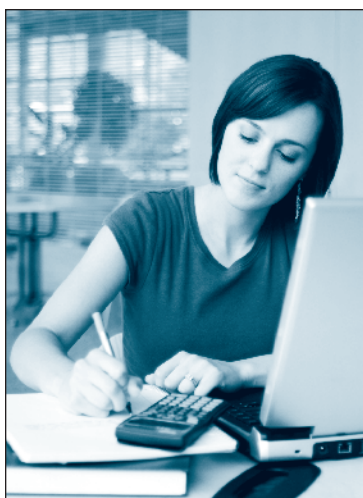


TAURINE 1000 MG

SOOTHING NEUROTRANSMITTER



Low levels of key nutrients may throw your metabolic systems out of balance.

Low taurine levels may impact your vision, fat metabolism and the electrical activity of your nerves. Taurine, found in high concentrations within white blood cells, heart muscles, brain, and the central nervous system, is a powerhouse nutrient necessary to keep

your body systems running smoothly. During intense physical activity your taurine reserves are burned up faster than your body can replenish them. Studies have shown that with advancing age, taurine levels in a number of tissues even begin to decline. It is for these many reasons that Source Naturals now offers taurine in a powerful 1000 mg form, allowing your body to restore and maintain healthy levels of this vital nutrient.



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Source Naturals TAURINE 1000 is a crystalline, free-form amino acid. It is a soothing neurotransmitter that plays a major role in stabilizing the heartbeat and electrical activity of the nerves. Taurine is also necessary for the proper functioning of the body's energy cycle, a critically important process which generates a large percentage of the body's fuel as ATP. Source Naturals TAURINE 1000 is available in a convenient capsule form.

TAURINE 1000 addresses seven of the twelve deep metabolic systems identified by Source Naturals as crucial for your well-being. These systems are: Energy, Antioxidant Defense, Liver/Detox, Circulation, Cognition/Nerves, Digestion and Structure /Mobility.

Taurine

Taurine is one of the most abundant amino acids present in many tissues of the body. It is chiefly concentrated in the brain, retina, and heart, as well as in the muscle tissues, blood platelets and neutrophils. Its significance in maintaining cellular integrity and in the synthesis of ATP energy transfer was not fully recognized for more than 100 years after it was first discovered in 1827. Scientific studies have demonstrated its necessity for proper neural and retinal development in human infants. Taurine was commonly added to infant formulas shortly thereafter. Taurine is found in negligible quantities in plants, which makes taurine supplementation a great idea for vegans.

Soothing Neurotransmitter Function

Scientific studies have shown that taurine inhibits spontaneous firing of neurons without affecting their normal function. The harmonizing influence comes from its ability to stabilize and protect nerve cell membranes which prevents the erratic firing of nerve cells. Scientific studies have also shown that taurine activates receptors for the inhibitory neurotransmitters glycine and gamma-aminobutyric acid (GABA), and exhibits neuromodulatory activity in multiple channels of the brain.

Healthy Cellular Function

Research studies have shown us that taurine benefits cellular activity and health through its involvement in electron transfer across cellular membranes. Ions move across membranes in solution form in a process known as osmosis. If

ionic transport becomes disrupted during this action, cellular function may be compromised due to electron imbalances. Taurine helps maintain proper ion exchange by normalizing the activity of ion transfer functions dependent on ATP energy activity.

Digestion and Cholesterol Wellness

Dietary taurine is conjugated in the liver to form a bile acid which is an essential ingredient for fat digestion as well as for the support of cholesterol serum levels already in the normal range. Bile acids function as a detergent for emulsification and absorption of lipids. The taurine that is not fully conjugated in the liver is circulated into the various body tissues. Once incorporated into the cells, taurine performs important membrane-stabilizing and antioxidant activities. It also acts as a neuro-modulator and regulator of nerve impulses.

Source Naturals takes health issues seriously and strives to provide the general public with every means to support all around good health. As a key player in the digestive system, taurine ensures the proper breakdown of vital nutrients before they enter the bloodstream. Besides the 1000 mg form, Source Naturals offers two additional taurine alternatives: a 500 mg capsule, and a powder. Source Naturals encourages you to take control of your wellness through education, healthy nutrition and by embracing sound lifestyle strategies.

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