



## Amino Acids

# TAURINE

### Supplement Facts:

- Taurine

### Background:

Taurine is one of the most abundant amino acids in the body which can be found in the central nervous system, white blood cells, the brain and skeletal muscle.

However, Taurine is also a conditionally essential amino acid which during times of extreme stress, physical and mental exhaustion cannot be produced enough by the body and supplementation is required. Recent studies suggest that Taurine possesses also neuro- and cardioprotective properties and provides protection against oxidative stress. Sufficient levels of Taurine are also critical for maintaining cardiac health and healthy liver function. **Taurine** by **Forze Della Natura™** contains 500 mg per capsule of pure Taurine which is the ideal amount for any individual that wants to maintain healthy Taurine levels.

### Key Features:

- Promotes a Calm Mood;
- Provides Mental Balance and Stability;
- Alleviates Oxidative Stress and Supports Cardiac Health;
- Increases Energy and Provides Nutritional Support for the Central Nervous System.