



# Taurine

## Overview

L-Taurine, otherwise known as taurine, is a conditionally essential amino acid. Unlike most amino acids, taurine doesn't play a role in building proteins. It helps to maintain proper hydration and electrolyte and mineral balance in your cells supporting the functions of the digestive, nervous and immune systems. There are many conditions that may use taurine for treatment, including congestive heart failure, high blood pressure, hepatitis, high cholesterol, and cystic fibrosis. Taurine is also frequently used for its antioxidant properties to prevent cell-damaging side effects of chemotherapy.

## Other Uses

Taurine may be helpful for fatigue, reducing oxidative stress, mental performance, exercise performance, insomnia, psychosis, and anemia.

## Dosage, Concentration, Route of Administration

Dosage: Seek advice from a licensed physician, medical director, or other healthcare provider

Concentration: 50mg/ml

Route of Administration: IV/IM

## Storage

Store at controlled room temperature. Protect from light.