

Taurine 500 mg 60 Capsules

EAN: 5055148410971 FABRICANTE: LAMBERTS



Non-essential amino acid. Free form. Easy absorption.

DESCRIPTION

Taurine is one of the least known sulfur-containing amino acids, and can be synthesized to a greater or lesser extent in the body from cysteine, depending on the amount of vitamin B6 available for that purpose.

The amino acids alanine, glutamic acid and pantothenic acid inhibit taurine metabolism, while vitamins A and B6, zinc and manganese help synthesize taurine.

Cysteine and vitamin B6 are the nutrients most directly involved in taurine synthesis.

The gallbladder uses taurine to form taurocholic acid, one of the two primary bile acids required for the breakdown of fats in the small intestine. Taurine is also involved in the excretion of bilirubin and cholesterol in bile.

LAMBERTS[®] Taurine is a pure, free-form amino acid that is ready to be absorbed by the body without needing to be broken down by digestive enzymes. Each capsule provides a total of 500 mg of taurine.

One capsule will double your typical daily intake of taurine from food, and two capsules provide the same amount of taurine found in regular energy drinks.

This product is manufactured in the UK under strict GMP pharmaceutical manufacturing standards.

White powder in a clear hard capsule.

Each capsule provides:

Taurine	500 mg
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Allergen note

The following list of allergens are excluded: wheat, barley, soya, eggs, milk (and dairy products), lactose,



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nuts, sulphites, celery, fish, shellfish, yeast and gluten.

Precautions

This product is not recommended for children or pregnant or breastfeeding women.

Instructions for use

Take 1 to 3 capsules daily with water or fruit juice.

Amino acids are best taken half an hour before any meal or just before going to bed.

