



# L-Taurine

*Quest L-Taurine is a superior amino acid supplement. This amino acid has a role as a neuromodulator in nerve transmission. In the heart, taurine strengthens heart contraction, stabilizes heart calcium levels, and prevents arrhythmic heart beats. It has been reported that taurine prevents the side effects of digitalis and enhances its heart-beat strengthening effect. Under certain conditions, such as physical exertion, disease, or injury, the body may not be able to synthesize enough taurine to meet demands.*



PRODUCT CODE: 338440

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Supports healthy cardiac function.	Capsules	Adults take 2 capsules twice daily. For prolonged use, consult a health care practitioner.

## DESCRIPTION:

Each capsule of Quest L-Taurine contains 500 mg of free-base L-tyrosine. This product contains no artificial preservatives, colours, flavours, or corn, dairy, egg, gluten, shellfish, soy or sulfites.

**Recommended Daily Allowance:** N/A

**Food Sources:** Meat, poultry, fish, eggs, dairy products.

**Causes of Deficiency:** Inadequate protein in the diet.

**Symptoms of Deficiency:** Developmental defects, retinal damage, immunodeficiency, cardiomyopathy.

**Complementary Nutrients:** Overall healthful diet with adequate protein.

## HOW IT WORKS:

L-Taurine is a free amino acid; that is, it is not part of the human body's structural proteins, but remains free in the blood and tissues. It is found abundantly in skeletal and cardiac muscle, as well as in the nervous system, and it is important in metabolism, particularly in the brain. It is thought to help regulate heartbeat and muscle contractions, water balance, energy levels, and levels of neurotransmitters in the brain.



## DID YOU KNOW...

*Taurine is named after the Latin Taurus, which means bull, because it was first isolated from bull bile in 1827 by two Austrian scientists.*

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## RESEARCH:

Preliminary evidence suggests that taurine may be helpful in congestive heart failure (CHF); for example, in one double-blind, placebo-controlled trial, 58 people with CHF took either placebo or 2 g of taurine 3 times daily for 4 weeks. Then the groups were switched. During taurine treatment, the study participants showed highly significant improvement in breathlessness, heart palpitations, fluid buildup, and heart x-ray, as well as standard scales of heart failure severity.

## SIDE EFFECTS:

Supplemental taurine is considered safe and does not produce side effects at dosages up to 3 grams per day.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Not suitable for children. Do not use if you have severe liver or kidney disease.

## OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

## LABEL:

 <p><b>QUEST</b> <b>LONGÉVITÉ</b> <b>L-Taurine</b> 500 mg</p> <p>NPN 80006351</p> <p><b>90</b> capsules Soutient une fonction cardiaque saine Sans colorants, arômes ou agents de conservation artificiels</p> <p><b>QUALITÉ ASSURÉE</b></p>	<p><b>Usage recommandé :</b> Soutient une fonction cardiaque saine. <b>Dose recommandée (adultes) :</b> Prendre 2 capsules, deux fois par jour. Pour un usage prolongé, consulter un praticien de soins de santé.</p> <p><b>Ingédients médicinaux :</b> Chaque capsule contient : L-Taurine.....500 mg</p> <p><b>Ingédients non médicinaux :</b> cellulose microcristalline, stéarate de magnésium, gélatine.</p> <p><b>Information sur les risques :</b> Ne pas utiliser si vous êtes enceinte ou allaitante. Consulter un praticien de soins de santé avant l'usage si vous prenez des médicaments.</p> <p><b>Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, crustacés, soja ou sulfites.</b></p> <p><b>Recommended Use:</b> Supports healthy cardiac function. <b>Recommended Dose (Adults):</b> Take 2 capsules twice daily. For prolonged use, consult a health care practitioner.</p> <p><b>Each capsule contains:</b> L-Taurine.....500 mg</p> <p><b>Non-medical ingredients:</b> Microcrystalline cellulose, magnesium stearate, gelatin.</p> <p><b>Risk Information:</b> Do not use if pregnant or breastfeeding. Consult a health care practitioner prior to use if you are taking prescription medication.</p> <p><b>This product does not contain corn, dairy, egg, gluten, shellfish, soy or sulfites.</b></p> <p><b>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS.</b></p> <p><b>STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</b></p>	 <p><b>QUEST</b> <b>LONGEVITY</b> <b>L-Taurine</b> 500 mg</p> <p>NPN 80006351</p> <p><b>90</b> capsules Supports healthy cardiac function No artificial colours, flavours or preservatives</p> <p><b>PREMIUM QUALITY ASSURED</b></p>	<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SOCLE DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.</p> <p><a href="http://www.questvitamins.com">www.questvitamins.com</a> 1-877-929-2548</p> <p><b>SunOpta</b> SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2X3</p> <p><b>A Proud Canadian Company</b> Une compagnie canadienne fière de l'être.</p> <p><b>F.P.O. - 80%</b> UPC CODE TO BE: 0 88371 21855 5</p> <p>33840104</p>
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