



What's new with taurine?

There has been a lot of new and exciting preclinical research on taurine's potential use as a dietary supplement to support healthy aging!*



Bioactive Compound

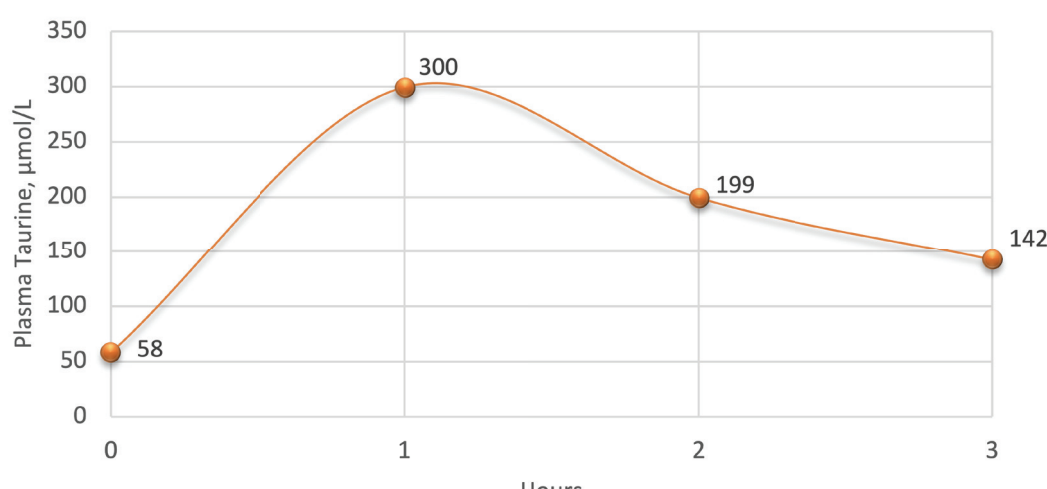
1,000 mg free-form taurine.



Bioavailable Compound

A Naturokinetics® study evaluating the absorption of our Taurine 1,000 mg in 3 healthy adult volunteers has shown that following oral administration of 1 capsule, peak serum concentration (C_{max}) is reached in about 1 hour.

Mean plasma taurine concentration over time following single oral administration of 1,000 mg taurine



Taurine is widely distributed throughout the body; it is most concentrated in skeletal muscle, heart, brain, retina, white blood cells, platelets, and liver.



Taurine may support healthy aging.*

Many preclinical studies describe a strong link between taurine depletion and senescence.^{1,2*} A 2023 animal model study published in *Science* demonstrates that taurine supplementation resulted in an increase in life expectancy and improvements in bone, muscle, pancreas, brain, gut and immune functions, indicating an overall increase in health span.* In *in vitro* models, taurine reduced cellular senescence, protected against telomerase deficiency, suppressed mitochondrial dysfunction, decreased DNA damage, and attenuated the immune response to biological stress.^{3*}

At Protocol For Life Balance®, we believe that offering the best possible ingredients gives practitioners the ability to recommend products that are both innovative and effective. Taurine, as a dietary supplement, has long been known to support bile acid formation for fat digestion, maintain fluid balance, and regulate cellular calcium concentration.* It crosses the blood-brain barrier and is necessary for proper neurotransmission.* Taurine is also critical for healthy muscular and cardiovascular functions, and is essential for normal vision.* Exciting preliminary research now suggests that it could contribute to maintaining health span in aging individuals.* Taurine is therefore the ideal amino acid supplement for all your patients in need of a simple multifunctional nutritional boost.