

**USAGE:** Take 1 capsule per day or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Taurine** is a sulfur-containing, antioxidant amino acid that supports antioxidation, aids in osmoregulation (maintenance of proper concentrations of ions) inside the cell, membrane stabilization, bile acid conjugation, neuroprotection and athletic performance.\*

Keep out of the reach of children.

Store in a cool, dry place.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Lot #: Best Used Before:

**Jarrow**  
FORMULAS

Meets USP Standard

# Taurine

Antioxidant Amino Acid\*

**1000**  
MILLIGRAMS

**100**  
CAPSULES

**DIETARY**  
**SUPPLEMENT**

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 100

	Amount Per Serving	% DV
Taurine	1,000 mg	†

† Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and cellulose. Capsule consists of bovine gelatin.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

FILL LINE

Distributed Exclusively by:

**Jarrow FORMULAS**<sup>®</sup>  
Superior Nutrition and Formulation<sup>SM</sup>  
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05119TAU PROD # 115020



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