

L-Taurine – Helps Support Cardiovascular Function

About L-Taurine

- L-taurine is a conditionally essential, sulfur-containing amino acid that helps support cardiovascular function. L-taurine is the most abundant amino acid in the heart, making up approximately 50% of its free amino acids.¹
- While L-taurine can be found in foods such as meat, fish, and dairy products¹, the free-form amino acid may be better absorbed than what is found in food.²
- Supplemental L-taurine may be particularly important when the body's production is inadequate for the body's needs, such as in periods of illness, when engaging in high physical activity, or during increased oxidative stress.
- Taurine affects the heart's electrical impulses and blood vessel function by regulating potassium and calcium ion channels and supporting the production of nitric oxide.¹
- Research has shown L-taurine in doses of 500–6000 mg/day for 15 days to six months had several cardiovascular benefits, including reducing systolic blood pressure, diastolic blood pressure, total cholesterol levels, and triglycerides.³

How to Use L-Taurine

- Take 1 scoop (approx. 3 g) dissolved in water once per day or as directed by a health care practitioner.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Keep out of reach of children.

Drug Interactions

- Theoretically, taurine may have additive effects with antihypertensive drugs. It may also increase plasma levels and reduce excretion of lithium.⁴

Quick Tips for Optimal Health

- Support your heart with optimal nutrition. The Mediterranean and DASH diets are both effective in supporting cardiovascular health.⁵ Each emphasizes nutrient-rich wholefoods, including fruits and vegetables, legumes, and whole grains.⁶
- Exercise to support heart health. Studies suggest that moderate exercise performed 3–5 times per week helps support healthy blood pressure and decrease cardiovascular risk.⁷
- Live an active lifestyle in addition to your normal workouts. Make time for physical activity – consider using the stairs instead of the elevator, park farther away to fit in exercise, or even count your steps. Studies show, without a doubt, that physical activity increases health span.⁸
- Take charge of stress. Stress management techniques such as breathing and stretching exercises support normal blood pressure and heart rate and can have a greater impact on psychological well-being than you might think.^{9–11}
- Get at least 7–9 hours of sleep to support heart health and be ready for the next day.¹² Sleep that is insufficient or irregular can increase cardiovascular risk.¹³ Keeping the bedroom quiet, cool, and dark will also help with sleep.¹⁴
- Relax an hour before bedtime by dimming the lights and engaging in a relaxing wind-down – you know what will work best for you. Consider stretching and breathing exercises, reading a soothing book, or listening to relaxing music. One study found that people who spent five minutes at bedtime writing a to-do list for the next day fell asleep significantly faster than people who instead wrote an already-done list.¹⁵

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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