

TOVINO

Marketed by United Nutrihealth Pvt. Ltd.

120
VEGETABLE
CAPSULES
PER BOTTLE



L-Taurine

Taurine is an amino acid found in certain foods. Your body can also make it. It's essential only in certain circumstances, such as in times of illness and stress. Taurine has important functions in the heart and brain. It helps support nerve growth. It might also benefit people with heart failure by lowering blood pressure and calming the nervous system. This might help prevent heart failure from becoming worse.

Ingredients: L-Taurine, Bulking Agent (INS 460 (i)) & Vegetable Capsule Shell (HPMC) (INS 464).

May fight diabetes

Taurine's antioxidant and anti-inflammatory properties may enhance insulin sensitivity, thereby reducing the risk of type 2 diabetes or improving blood sugar management in those with the condition. Indeed, one study found that people with diabetes have a 25% lower concentration of taurine than those without diabetes. This suggests that taurine may have a role in

ENHANCE ENDURANCE PERFORMANCE



Dosage & Administration

1. Dosage: 500 mg / Serving
2. Recommended usage: 500 mg/serving
Administration - Take one veg. capsule per day with meal or as suggested by your healthcare professional.
3. Advice: Not to exceed the recommended daily usage.
4. If you are pregnant or lactating or prone to any food allergy or under any medical condition consult your healthcare professional before using the product. Keep out of reach of children.
5. Storage: Keep the product away from direct sunlight and heat. Keep the container tightly close after use. Keep it in a cool and dry place.

Health Benefits

1. May Enhance Endurance Performance
2. Taurine may improve fat burning and time to exhaustion for endurance exercises due to its role in the initial phase of fat metabolism



1. Maintaining proper hydration and electrolyte balance in your cells

2. Regulating minerals such as calcium within your cells

3. Regulating immune system health and antioxidant function

4. Low level of taurine stimulates testosterone stimulation

5. Extreme tiredness (fatigue) resulting from mental & physical exertion or illness totally nil

6. Supporting the general function of your central nervous system & eyes

7. Forming bile salts, which play an important role in digestion

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Introducing Magnesium Glycinate

Magnesium is a mineral that's important to the health of the brain, heart, and skeletal muscles. Magnesium glycinate is the magnesium salt of glycine, an amino acid, and is the supplement most often taken to increase magnesium levels in the body.

Magnesium glycinate, also known as magnesium diglycinate or magnesium bisglycinate, is the magnesium salt of glycine, and is sold as a dietary supplement. It contains 14.1% elemental magnesium by mass. Accordingly, 141 mg of elemental magnesium is contained in 1000 mg of magnesium glycinate.

Certain conditions or risks can improve with magnesium supplementation, including:

- fibromyalgia, according to a study published in Rheumatology International
- chronic fatigue syndrome, as reported in a study in BMC

Why Magnesium Glycinate?

Protects Your Heart

Relieves Insomnia

Reduces High Blood Pressure

Combats Asthma

Protects Against Diabetes

Not Getting Enough Sleep?

Difficulty falling or staying asleep. There is no set definition of insomnia in terms of hours of sleep, and insomnia can have many forms. Some people with insomnia may have no trouble falling asleep, but wake up too soon. Other people may have the opposite problem, or they have problems with falling asleep as well as staying asleep. The common factor is poor-quality sleep that doesn't leave you feeling refreshed when you wake up.

