





### 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.

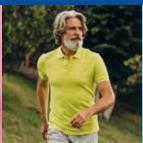
Ingredients: L-Taurine, Bulking Agent (INS 460 (i)) & Vegetable Capsule Shell (HPMC) (INS 464).

### 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
- 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**

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













Regulating minerals such as calcium within



Low level of taurine stimulates testosterone



Extreme tiredness (fatique) resulting from mental & physical exertion or illness totally nil



Supporting the general function of your central nervous system & eyes



Forming bile salts, which play an important role in digestion













# 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 salt of glycine, and is sold as a dietary supplement. It contains 14.1% elemental magnesium by mass. Accordingly, 141 mg of elemental magnesium iscontained 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 Astma

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 talling asleep as well as staying asleep. The common factor is poor-quality sleep that doesn't leave you feeling refreshed when you wake up.

