



What is L Taurine? in Hepatika VIP

L-Taurine is an amino acid, meaning that it is one of the acids found in protein – one of the 'building blocks' of life that combines to form all of the materials that make up the human body.

L-Taurine is a sulfur-containing amino acid (along with methionine and cysteine) which the body stores and concentrates in the muscles and central nervous system.

L-Taurine is a potent antioxidant. **L Taurine** fight 'free radicals' lose in the body which are responsible for the cell damage that causes visible aging and in some cases cancer. It has also been shown to help prevent heart disease and other problems, and is also able to prevent the aggregation of platelets. In other words this means it can prevent platelets from sticking together which can cause a blood clot and stroke.

it help general circulation provide more oxygen and more nutrients being circulated around the body aiding with muscle and organ repair and helping to improve energy and cardiovascular fitness. it improve the synthesis of protein by expanding the muscle cells and increasing hydration.

The increased blood flow also helps to improve brain function and it plays a role in neurotransmission too. It is often used therefore as well for mood bolstering effects

A combination of **curcumin** and **taurine** may be a novel prophylactic agent against hepatocarcinogenesis in high-risk groups exposed to chemical hepatocarcinogens (1)

Taurine may be neuroprotective (2)

Taurine ; is anti obesity supplementation reduces the infiltration of macrophages and modulates the polarization of adipose tissue macrophages in high-fat diet-induced obese mice. In addition, taurine downregulates the production of pro-inflammatory cytokines by adipocytes, suggesting that taurine plays an anti-inflammatory role in adipose tissue

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