



## Taurine Capsules

Nutritional supplement with vitamin B2  
vegan

**Useful information:** Taurine, derived from the Latin "taurus (bull)" is an amino acid containing sulphur that occurs both in our daily diet as well as the human body. However, the body's own production of taurine is limited, which is why it can be beneficial to use taurine as a food supplement. Taurine plays a role in numerous biological metabolic processes and is found in tissues such as muscles, the gall bladder, the brain, the retina of the eyes and even in breast milk. Our taurine capsules also contain vitamin B2 (riboflavin), which helps to reduce tiredness and fatigue and maintain normal vision.

**Ingredients:** Taurine (82 %), Hydroxypropylmethylcellulose, filler Microcrystalline Cellulose, separating agent Magnesium Stearate, Vitamin B2.

	per capsule	per daily dose (= 2 capsules)	% of NRV recommended daily dose*
Taurine	600 mg	1200 mg	**
Vitamin B2	1.4 mg	2.8 mg	200

\*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

\*\* no reference value available yet

**Recommended use:** Swallow 1-2 capsules with sufficient liquid.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

**Contents 180 capsules = 130 g**

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