

• PROFESSIONAL GRADE SUPPLEMENTS •

Taurine is a conditionally essential amino acid. During times of extreme physical exhaustion, supplementation is recommended and has been found to have the following benefits.

Improves Athletic Performance: A study posted in FASEB found several exercise-related benefits of Taurine. Supplementation improved skeletal functions and provided an energizing effect.*

Improves Mental Focus: Taurine acts as a metabolic transmitter and is important for brain metabolism. It may also help to stabilize the cell membranes in the brain and heart.*

Regulates Mineral Balance: Taurine regulates water and mineral salts in the blood. Its ability to regulate electrolytic balance helps prevent muscle cramping.*

Enhances Muscle Contractions: Taurine enhances the ability of the muscles to generate force by increasing the uptake and release of calcium ions.*

Acts as a Cell Volumizer: Similar to Creatine, Taurine draws water in muscle cells and acts as a cell volumizer; this in turn draws additional nutrients for recovery and growth; increasing cell volume and enhancing muscle fullness.*

Plays a role in Nitric Oxide Production: Nitric oxide production is critical to blood flow for greater oxygen supply and nutrient delivery. This mechanism may enhance the workout session and lead to a more rigorous workout.*

Improves Body Composition: A clinical trial in which overweight and obese men were given 3 g of Taurine a day for 7 weeks experienced a significant reduction in serum fatty acid levels, and overall reduction in bodyweight.*

In a study conducted on the link between Taurine deficiency and obesity in mice, the researchers found that an increase in Taurine in the body led to a greater rate of energy usage and reduction in the build up of fat.*



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ALLMAX[®]
ESSENTIALS

TAURINE

+ Supports Cardiovascular Function*

+ Improves Cardiac Performance*



400 G

Net Wt 14.11 oz (400 g)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Scoop (3 g)

Servings Per Container ~133

Amount Per Serving	% Daily Value
Taurine 3 g	†

† Daily Value not established.

SUGGESTED USE: Mix 1 Scoop (3 g) of ALLMAX[®] Taurine in 6-8 oz (180 - 240 ml) of water or juice and drink 30 minutes before workouts.

WARNINGS: For adult use only. Use only as directed. Consult a healthcare practitioner prior to use if you are taking any medications or if you are pregnant or nursing. Do not use if inner seal is broken. Store in a cool, dry place.

CALIFORNIA WARNING: Lead is known to the State of California to cause birth defects or reproductive harm. Consuming this product can expose you to more than 0.0000005 g of lead. For more information go to www.P65Warnings.ca.gov.

ALLERGEN WARNING: Produced in a facility that also handles Milk, Soy, Egg, Peanut, Tree Nuts, Sesame, Fish, Crustacean and Shellfish products.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.