



## SCIENCE

- **Amino Acid Support:** Taurine is a naturally occurring amino acid that is vital for numerous physiological processes. It is found in high concentrations in the brain, heart, retina, and blood cells, highlighting its importance in maintaining overall health.
- **Cellular Hydration:** Taurine helps regulate the flow of ions in and out of cells, ensuring proper hydration and electrolyte balance, which is essential for optimal cellular function.
- **Detoxification:** It assists in the detoxification process by binding to toxins and facilitating their removal from the body, supporting liver health.
- **Stress Reduction:** Taurine has a calming effect on the nervous system, helping to reduce stress and anxiety levels.

# TOTALITY TAURINE

## BENEFITS

- Enhance Energy Levels
- Cardio Vascular Health
- Improve Athletic Performance
- Antioxidant
- Neuron Protective Properties