

**DIRECTIONS:** Take 1 capsule before and after training on an empty stomach, and one between two meals. On non-training days, take 3x1 capsules between meals spread out.

It is clear that taurine is a very important amino acid involved in a large number of metabolic processes and is essential under certain circumstances. For sport-specific purposes, it's important to know that taurine has an insulin mimicking effect and is a cell-volumizer like creatine. These functions ensure that by expanding the muscle cells, the most anabolic state can be achieved in which cell hydration, protein synthesis and muscle fullness is the greatest. Taurine is important for the brain and nervous system, for proper cardiac function, and it's a constituent of bile.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Caution: as with all exercise and nutritional programs, please consult your physician first. Keep out of the reach of children.

**SCITEC<sup>®</sup>**  
**NUTRITION**

**CONDITIONALLY ESSENTIAL  
AMINO ACID**

**TAURINE**

**90 CAPSULES**

**DIETARY SUPPLEMENT**

## Supplement Facts

Serving Size: 3 capsules    Servings Per Container: 30

Amount Per Serving	% Daily Value
Taurine	3000 mg †

† Daily Value not established.

**Ingredients:** taurine, magnesium stearate, gelatin (capsules).

**Allergen info:** Manufactured in a facility that processes milk, soy and egg proteins, and peanuts.

Formulated by and manufactured exclusively for

**SCITEC<sup>®</sup>**  
**NUTRITION**

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