



MONTIFF INC

Don Tyson's Advanced Nutraceuticals



PURE TAURINE

Taurine is a conditionally essential sulfur amino acid, necessary for proper human development, with many functions including the cardiovascular system, neurological health and antioxidant properties.

Each capsule of Pure Taurine contains 500 mg. of the highest quality Taurine available.

RECOMMENDED TO ENHANCE STRUCTURE & FUNCTION RELATING TO NUTRITIONAL NEEDS AND DEFICIENCIES PERTAINING TO:

- Cardiovascular system
- Regulating the calcium/magnesium flux in the heart and preventing loss of potassium in this vital organ
- Antioxidant protection against toxic damage to cells.
- Neonatal and human development
- Modulation of neuronal excitability, and neurotransmitter and hormone release
- Epileptics who have deficiencies of Taurine
- Bile metabolism and other liver functions
- Muscle membrane
- Eye function, including retinal health

WHAT IS TAURINE?

Taurine is a sulfur amino acid that was originally named so, since it was first isolated in the bile of an ox (Taurus). Present in high concentrations in mammals, it is a conditionally essential amino acid in humans (and in cats) with many functions, although it does not enter into protein synthesis. It is necessary in proper neonatal, infant and child development, and deficiencies in developmental stages may be the cause of epilepsy, poor eyesight and other problems. Taurine is found in animal proteins, primarily in meat and milk (and especially high in human nursing mother's milk). Because it is so important for human development, some baby formulas are enriched with Taurine. It is synthesized from Methionine and Cysteine, and Vitamin B-6 is necessary for proper metabolism, however, infants have a limited capacity to synthesize Taurine. A Pyridoxal 5'Phosphate (active B-6) deficiency decreases the amount synthesized and can cause low levels of Taurine. Zinc is also essential, and a zinc deficiency is associated with an increased excretion of Taurine. They also work synergistically as antioxidants to protect cell membranes from free radical/ toxic damage. A deficiency of both may impair eyesight and low levels have been noted in epileptics. Since Taurine is not available in vegetable proteins, strict vegetarians-may be low in this important amino acid.

TAURINE AND HEART MUSCLE

There is a high concentration of Taurine in cardiac muscle tissue, and it controls the ionic (calcium/magnesium) flux, helps to prevent potassium loss, and has a protective function against myocardial injury and heart failure. It is involved with osmoregulation and regulates myocardial contractions. It also has both antiarrhythmic activity and hypotensive properties. Studies show that Taurine administered orally improves patients with congestive heart failure.

ANTIOXIDANT PROPERTIES

Taurine protects against damage to cells from toxic compounds, including carbon tetrachloride, hydrazine, and 1,4-naphthoquinone. Low levels of Taurine, may lead to liver damage from exposure to these chemicals. Taurine works along with Zinc in its antioxidant activities, helping to trap hydroxy radicals and acting as a radioprotective mechanism in protecting healthy cell membranes from free radical damage.

**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.*

NEUROLOGICAL FUNCTIONS

Taurine is important for brain development, and insufficient amounts in the growth stage may cause neurological problems later on. It is involved in the maintenance of cerebellar function, acts as a modulator of neuronal excitability and neurotransmitter function, and has anticonvulsant properties.

• EPILEPSY

Taurine, like GABA, provides neuroinhibitory activity to the Central Nervous System. Zinc and Taurine deficiencies have been noted in epileptics as well as low levels of GABA. Increasing Taurine levels may help diminish seizures in epileptics, as well as other seizure disorders.

TAURINE AND BILE FUNCTION

Taurine is a key component of bile, which is necessary for lipid metabolism and regulating cholesterol. By influencing bile acid conjugation, it has an effect on gallstone formation. It also protects the liver through proper regulation of the bile function, as well as its antioxidant effects.

CYSTIC FIBROSIS

Fat malabsorption is a problem in Cystic Fibrosis; therefore, Taurine may be an adjunct to conventional therapies in helping with lipid metabolism and benefiting those with CF. This was noted in a medical study published in the Am. J. Dis. Child. 1991.

EYE FUNCTION

High levels of Taurine, which regulates osmotic pressure, are generally found in the retina. A deficiency in Taurine, as well as zinc, may lead to degeneration of the photoreceptive cells and impaired vision associated with retinitis pigmentosa. For those with this disorder, a suggested dosage of 1-1.5 grams of Taurine (2-3 capsules) along with 800 IU of Vitamin E per day may improve visual acuity. Human milk contains high levels of Taurine, and when infants on Taurine-free parental nutrition were studied, retinal disturbances were noted. Supplementation with Taurine prevented or reversed these retinal problems.

WHAT ARE THE BENEFITS OF MONTIFF PURE TAURINE?

- Montiff supplies the highest quality Taurine in 500 mg. capsules, for quick assimilation.
- Taurine is also included in the following Montiff formulations: Super Antioxidant Formula, Cardio-Care, Cir-Cu-Care, B-Complete, B-Long, Vita-Minz Plus, All-Basic Amino Acid Formula, and Super Sports Amino Acid Formula.

DIRECTIONS: Take 1-3 capsules per day, or as needed, with a full glass of water or fruit or vegetable juice. Do not take with hot fluids or dairy products.

Vitamins and minerals are necessary to help metabolize and work synergistically with Taurine, especially B-6 (including Pyridoxal 5'Phosphate) and zinc. Because of this, Montiff B-Complete or B-Long are recommended, as well as Vita-Minz Plus. For seizure disorders, including GABA may also be considered in a supplemental program.

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