



## Taurine



### Overview

This is an amino acid that our bodies need to be healthy. Amino acids are the building blocks of protein, and protein is found in all our cells. Taurine may affect the heart and nerves.

### How we get it

How do we get taurine? An adult's body actually makes its own taurine. But we also get it from other sources. It's in shellfish, fish and meat (especially dark meat). It's also in milk and dairy products. And, it's often added to energy drinks.

### Health benefits

What are the benefits of taurine? Well, we're researching its health effects. We may find that it helps people who have congestive heart disease, high blood pressure, anxiety, ADHD and other issues. More study is needed.

### Conclusion

To find out more about the role taurine plays in your health, talk to your doctor.

