

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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TAURINE

For Patients with Low Iron

- Supports patients needing maximal iron absorption
- Natural amino acid

Taurine is a safe, protein building block, that is important for patients needing enhanced absorption of iron supplements.

Iron is one of the most difficult minerals to get into the body and any support is good news for patients with low blood iron levels.

Taurine also targets patients looking for a natural energy boost, independent of low iron levels. For this reason, taurine is a favorite ingredient in most energy drinks.

Usual Dosage: Take 1-3 capsules with food daily.