

Urine Taurine Add-on

Comments:

Creatinine: **1.0** gm/24hr



Total Urine Volume: **2000** ml

Chronic Disease Risk Factors

Cardiovascular Disease

Taurine

243

$\mu\text{mol}/24\text{hr}$



Taurine is an amino acid produced naturally in the body. Highest levels are found in excitable tissues, including the heart, retina skeletal muscles, and central nervous system. Taurine may also come from diet and supplementation. High 24-hour urine taurine levels, particularly combined with magnesium excretion, is associated with lower cardiovascular disease mortality.⁶ Low 24-hour urine taurine levels have been found in individuals on strict vegan diets.⁷ Taurine has been used therapeutically for the treatment of mitochondrial encephalopathy, lactic acidosis, and stroke-like episodes (MELAS), congestive heart failure, mitochondrial disease⁸ and, age-related macular degeneration.⁹

For Further Information and Interpretations

Clinicians are encouraged to schedule a free consultation with one of our staff physicians.

This service is available with every test. Consultations are usually available within 1-2 business days.

Short technical questions can usually be answered the same day.

To schedule a consult, call **855.405.TEST(8378)**.

Urine Taurine Add-on

Accession #:

Test Code: **4425**

Sex: **F**

Patient Name:

References

Cardiovascular Disease

6. Yamori Y, et al. (2010). Low cardiovascular risks in the middle aged males and females excreting greater 24-hour urinary taurine and magnesium in 41 WHO-CARDIAC study populations in the world. *Journal of Biomedical Science*, 17(Suppl 1); S21, 2-5. DOI: [10.1186/1423-0127-17-S1-S21](https://doi.org/10.1186/1423-0127-17-S1-S21)
7. Laidlaw AS, et al. (1988). Plasma and urine taurine levels in vegans. *The American Journal of Clinical Nutrition*, 47(4): 660-663. DOI: [10.1093/ajcn/47.4.660](https://doi.org/10.1093/ajcn/47.4.660)
8. Schaffer S, et al. (2018). Effects and mechanisms of taurine as a therapeutic agent. *Biomolecules & Therapeutics*, 26(3): 225-241. DOI: [10.4062/biomolther.2017.251](https://doi.org/10.4062/biomolther.2017.251)
9. Wright JV, et al. (1990). Improvement of vision in macular degeneration associated with intravenous zinc and selenium therapy: Two cases. *Journal of Nutritional Medicine*, 1: 133-138. DOI: [10.3109/13590849009003148](https://doi.org/10.3109/13590849009003148)