

# TAURINE



Meridian  
Valley LAB



## 24-hour Urine Taurine is a reliable biomarker for cardiovascular disease mortality risk.

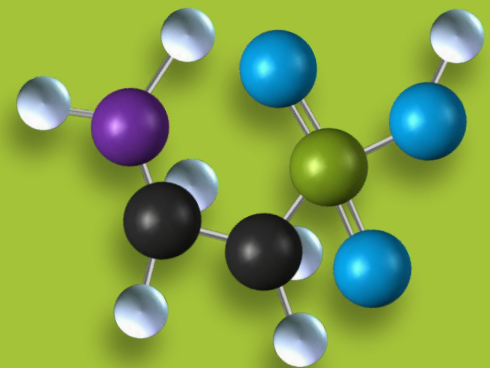
### Taurine Facts

Taurine is chemically, a very simple compound, but its effects on cells is both wide-ranging and profound. It is found in high concentration in most human tissues, and is particularly high in cardiac and skeletal tissue.

- Taurine inhibits apoptosis, inflammation, and oxidative stress in vascular tissue. This can inhibit or reverse intima medial thickening and arterial stiffness, factors in the development of atherosclerosis.
- Taurine-deficient hearts exhibit a loss of myofibrils, likely due to increased apoptosis, which weakens the cardiac muscle.
- In Congestive Heart Failure, norepinephrine and angiotensin II increase afterload pressure and decrease the heart's contractile ability. Taurine inhibits these actions, relieving fluid retention and breathlessness with exertion. Taurine can also reduce or completely eliminate the need for CHF drugs such as digoxin.
- Taurine increases exercise capacity in patients with CHF and may prolong their lifespans.

*Did you know that your patient has a greater risk of dying from heart disease if their 24-hour urine taurine level is low?*

*In World Health Organization (WHO) studies of thousands of men and women in 25 countries, researchers found the highest mortality from heart disease in populations with the lowest 24-hour urine taurine levels.*



Meridian  
Valley LAB

855-405-8378 (TEST)

[www.meridianvalleylab.com](http://www.meridianvalleylab.com)  
[info@MeridianValleyLab.com](mailto:info@MeridianValleyLab.com)

*References are available online at [meridianvalleylab.com/references](http://meridianvalleylab.com/references)*