

What is Taurine?

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About Taurine:

- It is a **naturally occurring sulfur-containing amino acid**.
- It's particularly **concentrated in your brain, eyes, heart, and muscles**.
- **Sources:** Taurine **occurs naturally in foods with protein, such as meat or fish**.
- **Functions:**
 - The human body uses taurine **for actions in cells**. One example is that **taurine is used for energy production**.
 - Taurine also **helps the body process bile acid and balance fluids, salts and minerals**, among other actions.
 - It has **important functions in the heart and brain**. It helps support nerve growth.
 - It might also **benefit people with heart failure by lowering blood pressure and calming the nervous system**.

- It is also **used for obesity, athletic performance, fatigue, diabetes, and many other conditions.**

What are Amino Acids?

- An amino acid is the **fundamental molecule that serves as the building block for proteins.**
- There are **20 different amino acids.**
- **A protein consists of one or more chains of amino acids** (called polypeptides) whose sequence is encoded in a gene.
- **Some amino acids can be synthesized in the body, but others** (essential amino acids) cannot and **must be obtained from a person's diet.**

Q1) What are Amino Acids?

An amino acid is the fundamental molecule that serves as the building block for proteins. There are 20 different amino acids.

Source: [Taurine supplement makes animals live longer — what it means for people is unclear](#)

Source: <https://vajiramandravi.com/current-affairs/what-is-aurine/>

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