

H2O Balance

H2O Balance combines 700 mg of the amino acid taurine with 50 mg of vitamin B6 (Pyridoxine HCL), which work together to promote healthy water balance, blood pressure, and cardiovascular health. Taurine is naturally produced in the body, and is also found in certain foods. The body's production of taurine is dependent upon the sufficient availability of vitamin B6.

Taurine is involved in many physiological processes of the body, and it is vital for the normal functioning of the brain, heart, liver and kidneys. It can be particularly effective in maintaining an ideal sodium/potassium balance within the cells, which helps to alleviate the occasional "bloated" feeling.

Supplementation of taurine can be helpful in many circumstances. Vegetarians or people who do not regularly consume eggs, meat or seafood may not be getting enough taurine through their diet. As we age, our bodies may not produce sufficient amounts of this amino acid, and stress or intense exercise can also deplete taurine levels. Vitamin B6 is included in this product to support the body's utilization of taurine.

Benefits

- **Water balance** – Taurine and vitamin B6 work synergistically to help maintain equilibrium of water in the body by encouraging normal flow of electrolytes (such as potassium, calcium and sodium) in and out of cells. This formula is a safe diuretic for occasional water retention.
- **Healthy blood pressure** – Studies suggest taurine may help contribute to the maintenance of optimal blood pressure levels.
- **Cardiovascular support** – This formula may promote cardiovascular wellness through several mechanisms, including supporting healthy blood lipids and blood pressure.
- **Antioxidant effects** – Taurine is a known antioxidant and can protect against oxidative stress –the production of free radicals that can be harmful to cells.

Recommended Use

As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT EVEXIA NUTRACEUTICALS, PLEASE CALL US AT (888) 852-2723, OR VISIT AT WWW.EVEXIANUTRACEUTICALS.COM.

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