Taurine is an endogenous sulfonic acid found in the intestines; it is a primary component of bile acids. Taurine exhibits antioxidative, hepatoprotective, vasodilatory, cardiomodulatory, neuromodulatory, anxiolytic, and anti-hyperlipidemic activities. Taurine plays a significant role in Ca²⁺ signaling, cardiovascular function, skeletal muscle development, and membrane stabilization. In vivo, taurine decreases lipid peroxidation and prevents the development of fatty liver disease. Taurine acts as an agonist at GABA-A receptors and glycine receptors and increases open area time in animal models undergoing tests of anxiety. Additionally, taurine decreases blood pressure when administered chronically and increases it when administered acutely. In other animal models, taurine decreases levels of LDL, total cholesterol, triglycerides, and glucose and increases levels of HDL.

References


