

## BEH PODCAST – EPISODE 26

### WHEN TO TAKE THE TAURINE

Dr. Miller: The next question has to do with the supplements—the Taurine should not be taken with protein. All of the instructions about how and when to take supplements and what to take them with or what not to take them with, are really about maximizing absorption. I just want to stress that, there is no danger in mixing things. There's no way you can put things together that is going to make them, in anyway, harmful or dangerous. But for Taurine, all proteins, all amino acids are absorbed by what's called active absorption. They don't just passively go from the lining of your gut into the blood stream, there are just certain doorways that recognize amino acids, bind them, and pull them through. So if you're eating a protein meal and there's a lot of protein and amino acids to be absorbed, only a limited number of doorways are left and if you take your Taurine with that high protein meal, you may not absorb as much of the protein. Also, Taurine is mostly used at night, that's when the eyes, that's when every other cell in the body regenerates itself. And so, we recommend if you can take it later in the day, at bed time maybe. Minerals are taken separately, simply because they tend to react with things and form insoluble complexes. You can take the minerals either between meals or at bed time, even with the Taurine. You also can take them first thing in the morning when you stumble into to kitchen before you've even put the water on the boil for your morning tea. But make sure to take them away from other things.