

# WaterEase™

*Nutrients to support healthy water balance and cardiovascular health\**

WaterEase™ combines the amino acid taurine and vitamin B6, which work together to promote cardiovascular healthy and water balance in the body, which supports healthy blood pressure already in the normal range.\* Taurine is found exclusively in animal foods, primarily meat and seafood, especially shellfish such as clams, mussels and oysters. The human body synthesizes taurine internally as well, but it is unknown whether this internal production is sufficient to meet the need for taurine. For this reason, vegetarians and strict vegans may benefit from supplementing with taurine. Additionally, taurine synthesis may decline with age, and intense exercise and stress may increase the body's need for taurine.\*

Vitamin B6 is required for the body to make taurine, and it also plays a role in supporting cardiovascular health because it is needed for proper formation of collagen, the primary protein that makes up the physical structure of blood vessels.

Taurine is involved in many physiological processes in the body and is vital for the healthy functioning of the brain, heart, liver and kidneys.\* It helps regulate the balance of sodium and potassium inside and outside cells, which is critical for maintaining proper fluid balance and alleviating occasional bloating and water retention, such as during the menstrual cycle or that induced by extended air travel.\*

## 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 has natural diuretic properties, which may be beneficial for occasional water retention.\*

**Healthy Blood Pressure:** Taurine may help contribute to the maintenance of healthy blood pressure already within the normal range by facilitating the release of excess water in the body.

**Cardiovascular Support:** This product may promote cardiovascular wellness through several functions, including supporting healthy blood lipids, normal blood pressure, and the integrity of blood vessels.

**Antioxidant Properties:** In addition to its influence on water balance in the body, taurine functions as an antioxidant and may help protect against damage to cells and blood vessels induced by free radicals.

## Recommended Use

Take one capsule per day with a meal, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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 DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).