

THE COACH'S PLAN

The Honest Taurine Plan

For anyone weighing a taurine supplement after seeing the longevity headlines.

2023

The mouse study

Extra taurine extended lifespan in mice

2025

The human check

NIH found taurine did not fall with age in people

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Human lifespan trials

No solid clinical proof a pill extends anything

The taurine longevity story began in mice. When the NIH tested the same idea in people in 2025, taurine did not decline with age, and there is still no solid human evidence that a supplement extends anything.

What the evidence actually says

- 1 A 2023 mouse study reported extra taurine extended lifespan and improved strength.
- 2 In 2025 the NIH measured taurine in people, monkeys and mice over time.
- 3 Circulating taurine rose or stayed steady with age, it did not decline.
- 4 NIH concluded taurine is unlikely to be a good biomarker of aging.
- 5 There is no solid clinical data that supplementing benefits humans.

Your 3-step plan

1 Step 1: Read animal results as a starting line

The taurine longevity story began, and for now mostly ends, in mice. A single positive animal study is a reason to run human trials, not a reason to start supplementing. When the NIH looked in people, the aging signal did not hold up.

2 Step 2: You almost certainly already have enough

Taurine is a conditionally essential amino acid your body makes, and it is abundant in meat, seafood and dairy. Cleveland Clinic says healthy people who eat protein do not need a supplement, and a taurine blood test is rarely even performed.

3 Step 3: If you try it, clear the interactions first

Taurine can interfere with how the body clears antidepressants, anti-seizure medication, blood thinners and statins. If you take any of those, talk to your provider first, and choose only a third-party tested product.

The safety line

Taurine can interact with antidepressants, anti-seizure drugs, blood thinners and statins. Talk to your provider before starting it. This guide is educational and is not medical advice.

Read the full article: <https://www.agelesscoach.com/articles/taurine-made-mice-live-longer-you-are-not-a-mouse>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.