

Libaorui endurance positioning | Rapid evidence appraisal

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Initial report generated · Professional review pending · Not a completed SR/Meta or finished-product efficacy certification.

Five project inputs and seven selected human studies inform this focused appraisal of taurine, magnesium and glutathione. This is not an exhaustive review; other nutrients were not fully appraised for exercise outcomes.

Findings from this appraisal

[Ingredient leads do not validate the finished product.](#)

Taurine results differ between running and cycling. Dose, timing and formulation limit extrapolation. No human endurance trial matching this product and dose was verified in this appraisal.

[Personalised evidence starts with applicability.](#)

Training, sport, age, nutrient status, dose and outcome need separate appraisal. Older-adult functional findings do not imply athletic endurance gains. Unsupported populations retain an evidence gap.

[Assess feasibility before commissioning SR/Meta or a product trial.](#)

Predefine a taurine/endurance PICO and search comprehensively before deciding on pooling. Establishing effects of the actual Libaorui formulation may require a product human study; literature synthesis cannot replace it.

Project inputs checked

利葆瑞成分.xlsx — Per-tablet and four-tablet daily amounts; the dose-matching baseline.

利葆瑞® 长期营养支持方案.pdf — 33-page dossier covering seven health areas; not finished-product clinical results.

利葆瑞初稿.docx — Ingredient rationale and bibliographic leads.

利葆瑞-海报用权威依据文字.docx — Existing nutrition rationale; general guidance does not validate this product.

利葆瑞骨科肿瘤海报-修改意见.docx — Prior promotional draft; does not establish clinical product benefits.

Ingredient sheet: recorded daily four-tablet amounts

Amounts come from the submitted sheet, not a verified label or batch assay. Glutathione content is absent from that sheet; its mention in the dossier does not resolve the gap. Four tablets is a recorded input, not a dosing recommendation.

Ingredient	Recorded daily amount
Taurine	300 mg
Fibre (resistant dextrin + inulin)	1 g
Elemental magnesium (from oxide)	150 mg
Elemental zinc	10.4 mg
Selenium	24 µg
Vitamin C	60 mg
Vitamin E (α-TE)	10 mg
Vitamin D3	4 µg
Vitamin B1	1.2 mg
Vitamin B2	1.2 mg
Niacinamide	6 mg
Calcium D-pantothenate	2 mg
Biotin	10 µg

Seven original human studies: findings and product matching

These are study-level findings. Different sports, outcomes and unpaired crossover abstract means have not been pooled.

[T1 · Balshaw et al., 2013 · Positive in this setting](#)

The effect of acute taurine ingestion on 3-km running performance in trained middle-distance runners

8 trained male runners; randomised double-blind crossover. 1,000 mg once, 2 h pre-run.

Finding: 3-km time: 646.6±52.8 vs 658.5±58.2 s; P=0.013.

Product applicability: Small sample; dose and formulation differ from 300 mg/day. No direct product-effect inference.

Access depth: Original abstract · DOI 10.1007/s00726-012-1372-1

[Open original source](#)

T2 · Ward et al., 2016 · No time-trial benefit

The effect of acute taurine ingestion on 4-km time trial performance in trained cyclists

11 trained male cyclists; randomised double-blind crossover. 1,000 mg once, 2 h pre-cycling.

Finding: 4-km time: 390 ± 27 vs 388 ± 21 s; $P=0.731$.

Product applicability: No benefit for this outcome at the same dose; a universal endurance claim is unsupported.

Access depth: Original abstract and open full-text material · DOI 10.1007/s00726-016-2282-4

[Open original source](#)

T3 · Rutherford et al., 2010 · Performance unchanged

The effect of acute taurine ingestion on endurance performance and metabolism in well-trained cyclists

11 endurance-trained male cyclists; randomised blinded crossover. 1.66 g once, 1 h pre-exercise.

Finding: No post-90-min time-trial difference; greater fat oxidation did not mean better performance.

Product applicability: Dose, exercise and measures differ; metabolic markers cannot substitute for endurance outcomes.

Access depth: Original abstract · DOI 10.1123/ijsnem.20.4.322

[Open original source](#)

M1 · Finstad et al., 2001 · Performance/recovery unchanged

The effects of magnesium supplementation on exercise performance

32 active young women; double-blind placebo crossover. Abstract: Mg oxide 212 mg/day for 4 weeks; elemental equivalence unresolved.

Finding: Ionised Mg increased; performance and recovery did not significantly improve.

Product applicability: Biochemical change is not functional benefit; no ratio to the product's 150 mg elemental Mg is assigned.

Access depth: Original abstract; dose convention needs full-text review · DOI 10.1097/00005768-200103000-00024

[Open original source](#)

M2 · Veronese et al., 2014 · Conditional physical-function benefit

Effect of oral magnesium supplementation on physical performance in healthy elderly women involved in a weekly exercise program: a randomized controlled trial

139 older women randomised, 124 analysed; no placebo, researchers blinded. Mg 300 mg/day as oxide for 12 weeks.

Finding: SPPB change difference: 0.41 points, $P=0.03$; signal stronger with lower intake.

Product applicability: Older-adult function, not endurance racing; not directly transferable to young athletes or this formulation.

[Open original source](#)

M3 · Bomar et al., 2025 · No TT benefit; some adverse signals

Short-Term Magnesium Supplementation Has Modest Detrimental Effects on Cycle Ergometer Exercise Performance and Skeletal Muscle Mitochondria and Negligible Effects on the Gut Microbiota: A Randomized Crossover Clinical Trial

15 regular exercisers with normal baseline Mg; randomised double-blind crossover. Reported MgCl₂ 300 mg twice daily for 9 days; elemental content unresolved.

Finding: 10-km TT unchanged (P=0.89); VO₂max and mean sprint power decreased.

Product applicability: Supports population-specific appraisal; different dose/form prevents a product-harm conclusion.

Access depth: Original abstract and open full-text material · DOI 10.3390/nu17050915

[Open original source](#)

G1 · Aoi et al., 2015 · Exploratory fatigue signal

Glutathione supplementation suppresses muscle fatigue induced by prolonged exercise via improved aerobic metabolism

8 men without regular exercise; double-blind crossover. 1 g/day for 2 weeks; 60-min low-intensity cycling.

Finding: Some subjective fatigue measures improved; no TT or time-to-exhaustion outcome.

Product applicability: Product content unknown; mitochondrial findings are in mice, not proof of human endurance or product efficacy.

Access depth: Original full text; randomisation method unclear · DOI 10.1186/s12970-015-0067-x

[Open original source](#)

Draft FAQ for consumers and agents

Do taurine studies prove Libaorui improves endurance?

Not directly. T1 suggests a running benefit, while T2/T3 show no cycling-performance benefit. Dose, formulation and exercise differ, and a matching product trial was not verified.

Linked study IDs: T1, T2, T3

Does magnesium help every exerciser equally?

The selected studies do not support a blanket claim. M1/M3 show no benefit for their measured performance outcomes; M2 concerns older-adult physical function. Nutrient status and goals need appraisal.

Linked study IDs: M1, M2, M3

Why commission SR/Meta or a product trial?

Focused appraisal cannot exclude missing studies or selection bias. SR/Meta can assess comparable evidence systematically; the current formulation's effects still require direct product evidence.

Linked study IDs: T1, T2, T3, M1, M2, M3, G1

Retrieval and appraisal methods

Retrieved 6 October 2026 using web-assisted discovery of original PubMed abstracts and available journal full text. Access depth is recorded by study. No duplicate independent screening, formal risk-of-bias/GRADE assessment or meta-analysis was performed. Professional review is pending.

Focused retrieval prioritised human controlled studies relevant to exercise. This edition uses targeted discovery and source tracing without claiming completeness; the seven studies identify conflicting findings, dose gaps and population limits.

Representative executed source-location queries:

taurine 1 g 3 km running time trial Balshaw 2013 PubMed

taurine 1.66 g cycling endurance Rutherford Spriet Stellingwerff 2010 PubMed

site.pubmed.ncbi.nlm.nih.gov/25008857 Effect oral magnesium supplementation physical performance healthy elderly women 300 124

site.pubmed.ncbi.nlm.nih.gov/40077784 magnesium supplementation endurance recreationally active

OpenEvidence returned 403 after one retry. No account query was completed and no OpenEvidence output was used.

Evidence still needed

- Current label, applicable licence/category documents, SKU version and batch assays.
- Glutathione source, daily quantity and assay; reconciliation of the sheet with the current formulation.
- Finished-product human studies, exercise/diet controls, endurance outcomes, tolerability and conflicts.
- Further full-text review of all seven studies, paired crossover statistics, bias and certainty assessment.

Proposed question for deeper delivery

Proposed PICO: adults undertaking exercise; taurine alone versus placebo; fixed-distance time trial as the primary outcome. Time to exhaustion, oxygen uptake and fatigue are separate. Prespecify sport, training, dose and duration; use paired crossover effects/variances. Subgroup or individual prediction requires adequate data.

Deep delivery includes a frozen protocol, reproducible searches, duplicate screening/exclusions, full-text extraction, bias/certainty appraisal and meta-analysis when appropriate. If pooling is unsuitable, deliver an evidence map and reasons. Personalised evidence means conditional applicability, not a guaranteed personal response. Product trials are scoped separately.

Communication and publication boundaries

Review sources, product identity and communication context separately. Papers, preprints or expert explanations do not automatically expand food-claim permissions; sales reuse still needs advertising review. This edition is not regulatory certification.

[China Advertising Law, Articles 11, 17 and 19](#)

[Sports nutrition consumer guidance \(27 May 2026\)](#)

Treatment-period, ageing, hair or metabolic narratives in earlier inputs do not automatically become sales claims for the current food product. Category, label, licence and communication context need separate checks. Public papers or preprints must identify the evidence subject and limitations.

Proposed delivery and commercial model

Quote rapid appraisal by product and agreed claims, with contractual credit toward deeper research. Commission deep work in feasibility, protocol/search, screening/extraction and analysis/report stages. Use annual maintenance with separate quotes for new questions or major reanalysis. Scope publication, agent retrieval testing, channel materials and product trials separately.

Value is tied to auditable deliverables, not positive findings. Commercial impact needs real comparisons of qualified enquiries, conversion, channel diligence time and incremental contribution. JSON does not guarantee indexing; external agent discovery has not been verified for the current private site.

[Return to the EOS Libaorui case](#)