

PYRIDOXAL 5-PHOSPHATE

- Pyridoxal 5-Phosphate is the active form (does not require activation by the liver) of Vitamin B6 to provide optimal utilization. Each vegetarian capsule contains 50 mg.

• **Recommended to support those with:**

- ☐ PMS*
- ☐ Muscle discomfort*
- ☐ Morning sickness or Nausea*
- ☐ Low mood*
- ☐ Imbalanced homocysteine levels*
- ☐ Hyperactivity*
- ☐ Immune challenges*
- ☐ Fluid imbalance*
- ☐ Infertility*

- Vitamin B6 is involved in more bodily functions than almost any other single nutrient. It serves as a coenzyme for more than 100 enzymes.

• **Vitamin B6 Supports:**

- ☐ Nervous system and brain function*
- ☐ The immune system function and antibody production*
- ☐ Red blood cell production*
- ☐ Balanced homocysteine levels and cardiovascular health*
- ☐ The synthesis of RNA and DNA to support normal cell growth*
- ☐ Muscle comfort during menstruation and balanced mood*
- ☐ Fluid balance within the body*
- ☐ Hydrochloric acid production for digestion*
- ☐ Protein, lipid, and carbohydrate metabolism*
- ☐ Absorption of B12*

- Antidepressants, estrogen therapy and use of oral contraceptives decrease the levels of Vitamin B6. A deficiency of B6 has been linked to anemia, headaches, poor skin health, depression, fatigue, poor memory, hair loss, hearing problems, poor wound healing and carpal tunnel syndrome.*

Suggested Use: As a dietary supplement, take 1 capsule, 2 to 4 times daily, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin B ₆	
(as Pyridoxal-5-Phosphate) 33.8 mg	1988%

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Other ingredients: microcrystalline cellulose, hypromellose (capsule), vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

VEGETARIAN / GLUTEN FREE

*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.

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