Pyridoxine P5P (Vitamin B6) 60 capsules
#70390



This formula is a combination of pyridoxine hydrochloride and pyridoxal-5-phosphate (P-5-P, the coenzyme or "activated" form of B6). As P5P, vitamin B6 is extensively involved in the metabolism of amino acids, lipids and nucleic acids. Supplementation with vitamin B6 as P5P can be helpful for those unable to produce it efficiently from pyridoxine in the liver. Excessive protein intake, alcohol or contraceptive use also indicates a greater need for B6. Vitamin B6 plays a crucial role in the multiplication of cells.*

Each capsule contains:
Vitamin B6 (91% as Pyridoxine Hydrochloride and 9% as Pyridoxal-5-Phosphate) 275 mg
Other ingredients:
Cellulose, magnesium stearate, silicon dioxide.

Suggested Use:
As a dietary supplement, 1 capsule once daily with meals, or as directed by a healthcare practitioner.

CAUTION: Large doses of vitamin B6 should not be taken exclusively. Wherever possible, B6 intake should be balanced with other B vitamins. There are some reports of adverse reactions to doses of vitamin B6 above 300 mg daily.

*This statement has not been evaluated by the U.S. Food and Drug administration. The product is not intended to diagnose, treat, cure, or prevent any disease.