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FOODSCIENCE[®]
of Vermont

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.*

Supplement Facts

Serving Size: 1 Capsules

Amount Per Serving

Vitamin B6

(from 50 mg Pyridoxal 5-Phosphate)

33.8 mg

Other ingredients: rice flour, vegetable cellulose, vegetable stearate.

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

- **Suggested Use:** As a dietary supplement, take 1 capsule, 2 to 4 times daily.

Sold Exclusively Through Retailers.

0300124.060 (60 Vegetarian Capsules)

*This statement has 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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