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FOODSCIENCE®
of Vermont

Vitamin B6

Vitamin B6 from FoodScience is a dietary supplement that provides 300 mg of pyridoxine (vitamin B6) in a prolonged release tablet.

Vitamin B6 is a water-soluble vitamin that performs a wide variety of functions in the body. For example, vitamin B6 is needed for more than 100 enzymes involved in protein metabolism. It is essential for red blood cell metabolism and the nervous and immune systems need vitamin B6 to function efficiently.* B6 is also required for the production of hemoglobin a protein-based component of red blood cells which is primarily responsible for transferring oxygen from the lungs to the rest of the body.

Through its involvement in protein metabolism and cellular growth, B6 is important to the immune system.* It also helps maintain blood glucose (sugar) within a normal range.* When caloric intake is low your body needs vitamin B6 to help convert stored carbohydrate or other nutrients to glucose to maintain healthy blood sugar levels.* Vitamin B6 is also required for the proper metabolism of fat and cholesterol.*

B6 and deficiency

Vitamin B6 deficiency can occur in individuals with poor quality diets that are deficient in many nutrients. Symptoms occur during later stages of deficiency, when intake has been very low for an extended time. Signs of vitamin B6 deficiency can include dermatitis (skin inflammation), glossitis (a sore tongue), depression, and confusion. Alcoholics and older adults are more likely to have inadequate vitamin B6 intakes than other segments of the population because they may have limited variety in their diet. Alcohol also promotes the destruction and loss of vitamin B6 from the body.

Vitamin B6 and homocysteine

A deficiency of vitamin B6, folic acid, or vitamin B12 may increase your level of homocysteine, There is evidence that an elevated homocysteine level is an independent risk factor for heart disease and stroke. The evidence suggests that high levels of homocysteine may damage coronary arteries or make it easier for blood clotting cells called platelets to clump together and form a clot. Vitamin B6 along with folic acid and B12 are required for the remethylation of homocysteine to methionine which may support heart health.*

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving

Vitamin B6	300 mg
(as pyridoxine hydrochloride)	

Other ingredients: calcium carbonate, cellulose, croscarmellose sodium, stearic acid, vegetable stearate, silica.

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

Suggested Use: As a dietary supplement, take 1 tablet daily with a meal.

Sold Exclusively Through Retailers.

0300126.100 (100 Tablets)

*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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