

Vitamin B6 helps metabolize lipids, carbohydrates, and proteins into energy.** It also supports the function and growth of red blood cells as well as supporting the nervous and immune systems.** P-5-P is a biologically active form of Vitamin B6 and is utilized by the body.**

****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.**

YES NON-GMO
YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER-PARVE

NO YEAST, CORN OR WHEAT
NO SOY, MILK OR SALT
NO SUGAR OR PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.



Best by:



ESTABLISHED
— 1971 —
**Country
Life**

P-5-P

(Pyridoxal 5' Phosphate)

50 mg

Certified Gluten-Free

- Supports energy**
- Supports nervous system health**
- Active form of B6



Dietary Supplement **100** Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) tablet daily with food. For best utilization, take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Vitamin B6 (as pyridoxal 5' phosphate)	34 mg	2,000%
Pyridoxal 5' Phosphate	50 mg	*

*Daily Value not established.

Other Ingredients: Cellulose, stearic acid, organic coating (tapioca maltodextrin, sunflower lecithin, sustainable palm oil, guar gum), silica.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 6237