

Thank you for choosing True•B6 by Lidtke. We sincerely wish the best of health for you and your family.

Lidtke True•B6 is made from the finest quality Pyridoxal 5-phosphate, the natural form of vitamin B6 used by hundreds of cellular processes in our body.* Vitamin B6 is critical to our production of neurotransmitters and proteins, both necessary for normal mental and physical health.* Vitamin B6 is now recognized for its benefits to cardiovascular health.* Lidtke stands behind each product and guarantees customer satisfaction for 365 days from the date of purchase.

Best by:

*** 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.**

Warning: KEEP OUT OF REACH OF CHILDREN. If you are pregnant, lactating, taking any medications or have a medical condition, consult your doctor. Discontinue use if adverse reaction occurs. Do not use if seal is damaged or missing. Keep lid tightly closed. Keep in a cool, dry place.



LIDTKE®

Purest on the Planet

True•B6®

P•5•P (50 mg)

Active Coenzyme B6*

*Supports a Healthy
Nervous System**

Superb Quality Since 1994

GMP

60 Vegetarian Capsules • A DIETARY SUPPLEMENT



DIRECTIONS (Adults): Take one (1) capsule or as directed by your doctor. Best if taken with food or beverage.

Supplement Facts

Serving Size: 1 capsule

	Amount Per Serving	% Daily Value
Pyridoxal 5-Phosphate	50 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

Other ingredients: vegetarian capsule, arrowroot flour (hypoallergenic).

No added gluten, yeast, wheat, corn, soy, rice, dairy, eggs, tree nuts, peanuts, fish, shellfish, sugar, artificial color or flavor, or preservatives.
Non-GMO.

Formulated and Distributed by:

LIDTKE Technologies

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Adverse events may be reported above.