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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule daily with food, or as recommended by a healthcare practitioner.

CAUTION: Some people have reported temporary symptoms of peripheral neuropathy (tingling, numbness sensation, decreased sensation to touch or balance difficulties) when taking vitamin B6 in doses above 300 mg daily, especially if the nutrient is taken without other B complex vitamins. This vitamin should not be taken without co-ingestion of equivalent doses of other B-complex vitamins. Consult your physician before taking this vitamin if you are taking levodopa (L-dopa).

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



L01535D



**LIFE
EXTENSION®**

Vitamin B6

250 mg



Promotes
Cardiovascular Health*

100 VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value	
Vitamin B6 (as pyridoxine HCl)	250 mg	14,706%

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, vegetable stearate, silica.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or
obtain product information, contact
1-866-280-2852.

*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.

Store tightly closed in a cool, dry place.