

Vitamin B6 is part of the group of essential nutrients known as the B Complex. B Complex vitamins, including B6, work to support and promote energy metabolism in the body. B6 helps maintain healthy nervous system and brain function. Along with folic acid and B12, B6 promotes heart health by supporting healthy levels of homocysteine. It also plays an integral role in the production of red blood cells.*

Carefully Manufactured by:
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SOLGB73125 00B



VITAMIN B 6

250 MG

GLUTEN, WHEAT & DAIRY FREE

SUITABLE FOR VEGETARIANS

100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
Vitamin B6 250 mg	12500%
(as pyridoxine HCl)	

DV = Daily Value

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification # K-1250

*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.

