

Suggested Usage: Take 1 tablet 1 to 2 times daily with food.

Vitamin B-6 (pyridoxine) acts primarily as an enzyme catalyst in many body processes including energy metabolism and neurotransmitter function.* Before it can be used for this purpose it must be converted into its coenzyme form (P-5-P) by the liver. P-5-P eliminates this step by providing B-6 in its converted form, allowing for greater bioavailability. This product is enterically coated to avoid potency loss during digestion.

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet.
Keep in Bottle.

CODE 0460B VS



P-5-P
50 mg

Coenzyme Catalyst*

Enteric Coated with
Magnesium and B-2 Cofactors
60 Tablets

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Riboflavin (Vitamin B-2)	17 mg	1000%
Vitamin B-6 (from 50 mg Coenzyme Pyridoxal-5-Phosphate)	33 mg	1650%
Calcium (from Dicalcium Phosphate)	30 mg	3%
Magnesium (from 75% Magnesium Oxide and 25% Magnesium Taurinate)	100 mg	25%

Other ingredients: Croscarmellose Sodium, Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Enteric Coating.

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

