

Pyridoxine P5P

Provides both pyridoxine hydrochloride and pyridoxal-5-phosphate (P-5-P), the coenzyme or "activated" form of B6.

Suggested Use

As a dietary supplement, 1 capsule daily with a meal, or as directed by a healthcare practitioner.

CAUTION: Large doses of vitamin B6 should not be taken exclusively. Whenever possible, B6 intake should be balanced with other B vitamins. There are some reports of adverse reactions to large doses of vitamin B6 above 300 mg daily.

Keep in a cool, dry place, tightly capped.



AllergyResearchGroup®

Pyridoxine P5P

Vitamin B6



dietary supplement
HYPOALLERGENIC
60 vegetarian capsules

Supplement Facts

Serving Size	1 Capsule
Servings Per Container	60

Amount Per Serving	% Daily Value*
--------------------	----------------

Vitamin B6 (91% as Pyridoxine Hydrochloride and 9% as Pyridoxal-5'-Phosphate)	
275 mg	13750%

* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

Formulated exclusively for
Allergy Research Group®
Alameda, CA, 94502
www.allergyresearchgroup.com
Phone: 510.263.2000

Rev. 006