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NUTRITION FROM THE SOURCE™

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



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Product No. 653 B54801 11F

# B-6

## 100 mg

### B VITAMINS

Supports Energy Metabolism\*

Supports Heart Health\*

250 TABLETS | VEGETARIAN VITAMIN SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5,000%

**Other Ingredients:** Dicalcium Phosphate, Vegetable Cellulose, Silica. **Contains <2% of:** Vegetable Magnesium Stearate, Vegetable Stearic Acid.

\*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.

Vitamin B-6 plays a role in protein and energy metabolism and promotes healthy homocysteine levels already within a normal range.\* B-6 has been positively associated with eye health and also promotes the production of red blood cells.\*