Suggested Usage: Take 1 capsule daily with a meal.

Vitamin B-6 is a cofactor in numerous enzymatic reactions and is required for the metabolism of fats, carbohydrates, and proteins.* It facilitates the conversion of amino acids from one to another as needed, and is necessary for normal synthesis of hemoglobin, as well as for normal function and production of red blood cells.* B-6 plays an important role in regulating homocysteine metabolism in the body.* Homocysteine, a by-product of the methionine cycle, is known to be destructive to bodily tissues, especially vascular structures. B-6 is also critical for the maintenance of a healthy nervous system.*

*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: Do not exceed the recommended dose. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

CAPSULE SIZE

CODE 0456 V3

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NOW®

B-6

100 mg

Cardiovascular Health*

- Supports Healthy Homocysteine Metabolism*
- Important for Nervous System Function*

Non-GMO

100 Capsules

A Dietary Supplement

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	100 mg	5882%

Other ingredients: Rice Flour and Gelatin (capsule).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108, USA nowfoods.com

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.

QUALITY ASSURED GMP