

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 V6



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	1308%
Vitamin B-6 (from 50 mg Coenzyme Pyridoxal-5-Phosphate)	33 mg	1941%
Calcium (from Dicalcium Phosphate)	30 mg	2%
Magnesium (from 75% Magnesium Oxide and 25% Magnesium Taurinate)	100 mg	24%

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

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, 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.

