

Vitamin B6 is part of the group of essential nutrients known as the B Complex. B Complex vitamins, including B6, work to support energy metabolism in the body. B6 helps maintain a healthy nervous system. Along with folic acid and B12, B6 promotes heart health by supporting healthy levels of homocysteine already within a normal range. It also plays an integral role in the production of red blood cells.*

Solgar's KOF-K certification # K-1250

Carefully Manufactured by:

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VITAMIN B 6

100 MG

GLUTEN, WHEAT & DAIRY FREE



Non-GMO
SUITABLE FOR VEGANS



250 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
Vitamin B6	100 mg 5,882%
(as pyridoxine HCl)	

DV = Daily Value

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Microcrystalline Cellulose, Silica.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

*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.

