

Suggested Usage: Take 1 capsule daily with a meal.

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 uses capsules that are acid-resistant to deliver them to intestinal absorption sites intact, unharmed by stomach acids.

*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 (especially liver problems). Keep out of reach of children. Do not eat freshness packet. Keep in bottle.

CODE 0461

V1



P-5-P

50 mg

Nervous System Health*

- Coenzyme B-6 + Mg Bisglycinate
- Delayed-Release Capsules

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin B-6 [from 50 mg Coenzyme Pyridoxal-5-Phosphate (P-5-P) Monohydrate]	33 mg	1941%
Magnesium (from Magnesium Bisglycinate) (TRAACS®)	25 mg	6%

Other ingredients: Rice Flour, Cellulose (capsule) (acid-resistant), Cellulose Powder, Stearic Acid (vegetable source) and Silica.

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.

U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.

