

Vitamin B6 helps metabolize lipids, carbohydrates, and proteins into energy.** It also supports the function and growth of red blood cells as well as supporting the nervous and immune systems.** P-5-P is a biologically active form of Vitamin B6 and is utilized by the body.**

****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.**

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGETARIAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS
WIND POWER
YES KOSHER

NO YEAST, WHEAT OR SOY
NO MILK, SALT OR SUGAR
NO PRESERVATIVES
NO ARTIFICIAL COLORS,
FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

Lot No:

Best by:



This product
has been
manufactured
at a GMP
Registered
facility.

ESTABLISHED
— 1971 —
**Country
Life**

P-5-P

(Pyridoxal 5' Phosphate)

50 mg

Certified Gluten-Free

- Supports energy**
- Supports nervous system health**
- Active form of B6

Dietary
Supplement **100** Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) tablet daily with food. For best utilization, take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Vitamin B6 (as pyridoxal 5' phosphate)	34 mg	1,700%
Calcium (as calcium carbonate)	36 mg	4%
Pyridoxal 5' Phosphate	50 mg	*

*Daily Value not established.

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, medium chain triglycerides, silica, vegetable glaze. **CAUTION:** If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.**

Exclusive packaging for iHerb.

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Product No. 6237PL