

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.

*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.

Natural color variation may occur in this product.

CODE 0461 v2



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CAPSULE SIZE



P-5-P

50 mg

Nervous System Health*

Coenzyme B-6 + Mg Bisglycinate

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), Cellulose Powder, Stearic Acid (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.
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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.

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