

Vitamin B6

250 mg, 100 capsules

Item Catalog Number: 00556

Vitamin B6, or pyridoxine, is an important component of the coen-zyme PLP, which metabolizes amino acids.²⁰³ Because of its amino acid transfer ability, the body can produce non-essential amino acids from available amino groups, as well as metabolize protein and urea. Vitamin B6 is essential because of its participation in more than 100 enzymatic reactions, including protein metabolism, conversion of tryptophan to niacin, and neurotransmitter function, among others.²⁰⁴

Found in foods such as eggs, brewer's yeast, carrots, chicken, fish, brown rice, whole grains, and cabbage,²⁰⁵ vitamin B6 along with B12 and folic acid, play a beneficial role in maintaining already healthy homocysteine levels within normal range.²⁰⁶⁻²⁰⁹

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

Amount Per Serving

Vitamin B6 (as pyridoxine HCl)

250 mg

Other ingredients: rice flour, gelatin, vegetable stearate.

Contains rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule daily with food, or as recommended by a healthcare practitioner.

Caution

Some people have reported temporary symptoms of peripheral neuropathy (tingling, numbness sensation, decreased sensation to touch or balance difficulties) when taking vitamin B6 in doses above 300 mg daily, especially if the nutrient is taken without other B complex vitamins. This vitamin should not be taken without co-ingestion of equivalent doses of other B-complex vitamins. Consult your physician before taking this vitamin if you are taking levodopa (L-dopa).

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.