

# Vitamin B-6

Pyridoxine 100 mg



Recommended by  
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## DESCRIPTION

Vitamin B-6 supplies 250 mg of Vitamin B-6 (pyridoxine) in each vegetarian tablet.

## FUNCTIONS

Pyridoxine (vitamin B6) is involved in the metabolism of amino acids and other nitrogen compounds. In the liver, pyridoxine is essential for glucose production from amino acids via its role as coenzyme for the transaminase enzymes. Pyridoxine is also needed by the liver and muscles to make stored glycogen available for glucose production, and to synthesize niacin from the amino acid tryptophan.

In red blood cells, pyridoxine is needed for hemoglobin synthesis, and regulates its oxygen affinity. Additionally, steroid hormone action is modulated by pyridoxine at the receptor level. In the nervous system, pyridoxine is needed to synthesize several neurotransmitters, such as serotonin (from tryptophan), taurine, dopamine, norepinephrine, histamine and gamma-aminobutyric acid (GABA).

Many experimental and clinical observations support the fact that adequate amounts of dietary vitamin B-6 are required to maintain normal nervous system function.

## INDICATIONS

Vitamin B-6 may be a useful dietary supplement for individuals wishing to increase their intake of vitamin B-6.

## SIDE EFFECTS

No adverse effects have been reported.

## FORMULA (WW #10152)

### 1 Vegetarian Tablet Contains:

Vitamin B-6..... 100 mg  
(as pyridoxine HCl)

Other Ingredients: Dicalcium phosphate, cellulose, vegetable stearin, cellulose gum, magnesium stearate and silica.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take 1 tablet daily with meals, or as directed by a healthcare professional.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

- Feroli CE, Trumbo PR. Bioavailability of vitamin B-6 in young and older men. *Am J Clin Nutr* 1994;60:68-71.
- Fuhr JE, Farrow A, Nelson HS Jr. Vitamin B6 levels in patients with carpal tunnel syndrome. *Arch Surg* 1989;124:1329-1330.
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- McCarty MF. High-dose pyridoxine as an 'anti-stress' strategy. *Med Hypotheses* 2000;54:803-807.
- Merrill AH Jr, Henderson JM. Vitamin B6 metabolism by human liver. *Ann N Y Acad Sci* 1990;585:110-117.
- Oka T. Vitamin B6. *Nippon Rinsho* 1999;57:2199-2204. [Article in Japanese].
- Rimm EB, Willett WC, Hu FB, et al. Folate and vitamin B6 from diet and supplements in relation to risk of coronary heart disease among women. *JAMA* 1998;279:359-364.

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.

Manufactured For:

**Good Life Pharmacy**

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