



Category 4
Vitamins



GOODFORYOU

GOOD FOR LIFE

B-6 (50 mg)

(Vitamin Supplement)

#100450

100 Tablets

Description: **Vitamin B-6** is one of the more popular members of the B-vitamin family and is found in fresh vegetables. Clinical studies have shown that B-6 plays an important role in regulating homocysteine levels in the body. Homocysteine is produced as a by-product of the demethylation of methionine and can be toxic in elevated amounts.

Contents / Ingredients

Traditional Therapeutic Action

Vitamin B6 (*Pyridoxine*) is involved in more bodily functions than almost any other single nutrient. It affects both physical and mental health. It is beneficial if you suffer from water retention, and is necessary for the production of hydrochloric acid and the absorption of fats and protein.

Pyridoxine also aids in maintaining sodium and potassium balance, and promotes red blood cell formation. It is required by the nervous system, and is needed for normal brain function.

Vitamin B6 plays a role in cancer immunity and aids in the prevention of arteriosclerosis.

Supplement Facts

Serving Size 1 Tablet	Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2500%

Other ingredients: Dicalcium phosphate, cellulose, stearic acid, magnesium stearate, croscarmellose sodium.

Contains no yeast, wheat, corn, soy, milk, preservatives.

SUGGESTED DOSAGE: One tablet, 1-2 times daily, preferably with meals.