

# Vitamin B-6

Pyridoxine 100 mg



## 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 B6 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.
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- McCarty MF. High-dose pyridoxine as an 'anti-stress' strategy. *Med Hypotheses* 2000;54:803-807.
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- 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.

Manufactured For:

**Kustom Wellness**

4550 Donald Ross Rd, #113  
Palm Beach Garden, FL 33418  
844.424.6304  
kustomwellness.net

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.