

# Vitamin B6



Distributed by: Adaptogen Research  
625 Barksdale Road, Suite 113  
Newark, DE 19711

## Vitamin B6

### Clinical Applications



- Assist Protein & Fat Metabolism\*
- Red Blood Cell Production \*
- Supports Immune & Nervous System Function \*
- Helps B<sub>12</sub> Absorption \*

Vitamin B6 (pyridoxine) is a B vitamin that is required for more than 60 different enzymatic reactions that occur in the body.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

### Discussion

Vitamin B6 (pyridoxine) is a B vitamin that is required for more than 60 different enzymatic reactions that occur in the body.<sup>1</sup> Vitamin B6 works along with folic acid and B12 for in the recycling of homocysteine. B6 also supports a healthy cardiovascular system by promoting healthy platelet aggregation and aids in maintaining healthy blood pressure.<sup>2</sup> Vitamin B6 is required for the activation of lysyl oxidase, an enzyme responsible for the cross-linking of collagen, and elastin, which is crucial for maintaining normal circulation and arterial function.<sup>3</sup>

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 150

Amount Per Capsule	% Daily Value
Vitamin B <sub>6</sub> (as pyridoxine HCl)	250 mg 14,705%

Other ingredients: Cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), and L-leucine.

#### Suggested Use

1 capsule daily with food or as directed by a healthcare professional.

#### Allergy Statement

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, soybeans, corn, and yeast. Contains no artificial colors, flavors or preservatives.

#### Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.

### References

1. Murray MT. Encyclopedia of Nutritional Supplements. (1996);Prima Publishing: Rocklin, CA.
2. Ayback M. Effect of oral pyridoxine hydrochloride supplementation on arterial blood pressure in patients with essential hypertension. *Arzneim Forsch* 1995;45:1271- 1273.
3. Levene CI, Murray JC. The aetiological role of maternal B6 deficiency in the development of atherosclerosis. *Lancet* 1977;i:628-629.

**\*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.**

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