

# Vitamin B-6 Liquid



## Clinical Applications

- Assist Protein & Fat Metabolism\*
- Support Red Blood Cells Production\*
- Support Immune & Nervous System Function\*
- Help B12 Absorption\*

*Vitamin B-6 Liquid combines magnesium and zinc with vitamin B6. These three nutrients serve as common cofactors in the body and are needed for multiple metabolic conversions. Vitamin B-6 Liquid has a great tasting natural raspberry flavor, absorbs easily, and is the perfect solution for people who need higher doses of this often-lacking vitamin.*

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

## Discussion

**Vitamin B6 Liquid** provides concentrated vitamin B6 in a delicious raspberry flavored liquid and is ideal for those who require higher doses of this often lacking nutrient and/or who prefer a liquid form over pills. B6 occurs naturally in several forms, but specific ones are needed by the body for particular functions. Vitamin B6 Liquid contains B6 as pyridoxine HCl.

**Vitamin B6** is abundant in the food supply in both plant and animal foods, but as with many nutrients, certain circumstances may increase the body's need for it above that which could reasonably be obtained from diet alone.

**Vitamin B6** performs a host of functions in the body. Among these, B6 is a required cofactor for the enzyme needed to convert L-DOPA to dopamine, and 5-HTP to serotonin. Dopamine and serotonin are sometimes referred to as "feel good" compounds: they are neurotransmitters that help support balanced moods, a positive mental outlook, and a healthy response to occasional stress.

**Other roles for B6** include healthy metabolism of proteins, proper hormone signaling, and synthesis of heme, the portion of hemoglobin that carries oxygen in the blood. For these reasons, adequate B6 levels may help maintain steady energy levels. Vitamin B6 plays a role in cardiovascular health as well. Vitamins B6, B12 and folate are needed to help regulate levels of homocysteine, an indicator of cardiovascular risk.

Certain medications may interfere with the absorption of B6 from foods, potentially increasing the need for supplementation. Among these are oral contraceptives and NSAIDs (non-steroidal anti-inflammatory drugs).

Vitamin B6 Liquid includes magnesium and zinc because they serve as common cofactors in the body and are needed along with B6 for multiple metabolic conversions. Deficiencies in any or all of these nutrients may lead to issues related to neurotransmitters, hormones or metabolism, which can affect physical, mental, and emotional health.

**\*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.**



# Supplement Facts

Serving Size 5 mL (approx. 1 teaspoon)  
Servings Per Container about 24

Amount Per Serving	% Daily Value	
Calories	15	
Total Carbohydrate	3 g	1%*
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2941%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate Taste Free)	30 mg	7%
Zinc (as Zinc Bisglycinate Chelate)	5 mg	45%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Other Ingredients:** Glycerine, purified water, citric acid, natural flavor,  $\beta$ -carotene (color).

## Suggested Use

As a dietary supplement, take 5 mL (approx. 1 teaspoon) per day, or as directed by your health care practitioner.

## 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.



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