

# Pyridoxal-5-Phosphate

50 mg



## DESCRIPTION

Pyridoxal-5-Phosphate provides 50 mg of pyridoxal-5-phosphate per each capsule.

## FUNCTIONS

Pyridoxal-5-Phosphate (P5P) is the metabolically active coenzyme of Vitamin B6. The body must convert B6 vitamins to pyridoxal, and then phosphorylate them to P5P in the liver. This conversion is necessary, since P5P is the only form which can be used by the enzymes involved in biochemical processes, which are associated with nitrogen and protein metabolism and heme synthesis. P5P is exported from the liver and is considered the most relevant direct measure of vitamin B6 status. Vitamin B6 nutritional status can have a significant and selective modulatory impact on central production of both serotonin and GABA – neurotransmitters, which can positively affect emotional response, pain perception, and anxiety. Vitamin B6 has also been studied for cardiovascular uses as well.

## INDICATIONS

Pyridoxal-5-Phosphate may be a useful dietary supplement for individuals wishing to increase their intake of a metabolically active form of Vitamin B6.

## SUGGESTED USE

Adults take 1 capsule, 2 to 4 times, or as directed by a healthcare professional.

## FORMULA (WW #10308)

### 1 Capsule Contains:

Vitamin B-6 ..... 50 mg  
(from Pyridoxal-5-Phosphate)

Other Ingredients: microcrystalline cellulose, vegetable cellulose (capsule), and vegetarian leucine.

This product is Vegetarian / Gluten free.

## SIDE EFFECTS

Warning: If pregnant or nursing consult your healthcare practitioner before taking this product.

## STORAGE

Store in a cool, dry place, away from direct light.

Keep out of reach of children.

## REFERENCES

- Bender D. Non-nutritional uses of vitamin B6. Br J Nutr 1999;81:7-20.
- Fuhr JE, Farrow A, Nelson HS Jr. Vitamin B6 levels in patients with carpal tunnel syndrome. Arch Surg 1989;124:1329-1330.
- Head KA. Premenstrual syndrome: nutritional and alternative approaches. Altern Med Rev 1997;2:12-25.
- Leklem JE. Vitamin B6:a status report. J Nutr 1990;120:1503-1507
- 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:

**Murray Avenue Apothecary  
LabNaturals, Inc.**

4227 Murray Ave | PGH, PA 15217  
maapgh.com | LabNaturals.com