

# Vitamin B6 50mg

(Pyridoxine)

## Presentation

**A white round uncoated tablet.**

### Each tablet delivers:

Vitamin B6 (Pyridoxine) 50mg

### Tableted with:

DiCalcium Phosphate, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate).

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians**  **and vegans** 

**quantity**  
100

**type**  
tablets

**code**  
8061



## Uses

Vitamin B6 refers to a family of three closely related, water soluble compounds: pyridoxine, pyridoxal and pyridoxamine. The conversion of Vitamin B6 into the active compound of pyridoxal-5-phosphate occurs naturally in the body, and whilst supplements providing P5P are believed to be slightly better absorbed than pyridoxine, the difference is not seen as sufficient reason to use this more expensive form of the nutrient for the vast majority.

Vitamin B6 is probably involved in more processes in the body than any of the other B vitamins, but despite this up to 25% of women have diets that provide less than the Nutrient Reference Value (NRV) for this vitamin (and the NRV is just 1.2mg which is likely to be a long way short of an optimum intake). Vitamin B6 is popular with women as a pre-menstrual supplement as there is some evidence that it may assist in essential fatty acid metabolism and fluid balance.

It is now well established that deficiencies of Vitamin B6 can raise homocysteine levels in the blood, a factor that has been implicated in the development of cardiovascular diseases.

### Usage and administration

1 tablet daily.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women. Long term intake may lead to mild tingling and numbness.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

