



## P<sub>5</sub>P<sub>50</sub> (activated B<sub>6</sub>)

### What Is It?

P<sub>5</sub>P<sub>50</sub> is pyridoxal 5' phosphate (P<sub>5</sub>P), the active metabolite and predominant form of plasma pyridoxine (vitamin B<sub>6</sub>).\*

### Uses For P<sub>5</sub>P<sub>50</sub>

**Menstrual Comfort:** Clinical trials have indicated that vitamin B<sub>6</sub> may support menstrual comfort, in part by maintaining healthy neurotransmitter function to promote healthy mood and mental functioning.\*

**Nervous System Support:** Vitamin B<sub>6</sub> plays an integral role in the synthesis of neurotransmitters and helps maintain the cellular balance of sodium and potassium. These roles serve to promote the healthy functioning of the nervous system. This vitamin may also provide specific support for wrist nerve comfort as reported in some but not all studies.\*

**Various Physiological Support Properties:** P<sub>5</sub>P<sub>50</sub> is beneficial to a number of physiological functions, providing a wide range of nutritional support. P<sub>5</sub>P is required for proper absorption of B<sub>12</sub> and magnesium, and for the production of gastric HCl. It is an important coenzyme in the metabolism of carbohydrates, fats, and proteins, and the elongation of essential fatty acids. It is also required for the production of antibodies and red blood cells.\*

### What Is The Source?

Pure Encapsulations P<sub>5</sub>P<sub>50</sub> is synthetically derived. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

### Recommendations:

Pure Encapsulations recommends 2 capsules per day, in divided doses, with meals.

### Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Individuals experiencing numbness or tingling with vitamin B<sub>6</sub> supplementation should notify their health professional, as vitamin B<sub>6</sub> may adversely affect sensory nerves in some individuals (though this effect is more likely to occur at doses greater than 200 mg). Consult your physician for more information.

#### P<sub>5</sub>P<sub>50</sub>

##### each vegetable capsule contains



pyridoxal 5' phosphate (activated B <sub>6</sub> ).....	50 mg.
vitamin C (as ascorbyl palmitate).....	3 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
<b>2 capsules per day, in divided doses, with meals.</b>	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.