

Pyridoxal-5-Phosphate

A Vitamin B₆ Supplement

DESCRIPTION

Pyridoxal-5-Phosphate provides 33.8 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 \rightarrow 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 one (1) capsule, two (2) to four (4) times, or as directed by a healthcare professional.

FORMULA (WW #10308)

1 Capsule Contains:

Vitamin B₆ 33.8 mg
(from 50 mg Pyridoxal-5-Phosphate)

Other Ingredients: rice flour, vegetable cellulose, and vegetarian leucine.

This product is vegetarian and free of citrus, corn, gluten, and added yeast.

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

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- 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.
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- 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.