



P₅P₅₀ (activated B₆)

What Is It?

P₅P₅₀ is pyridoxal 5' phosphate (P₅P), the active metabolite and predominant form of plasma pyridoxine (vitamin B₆).*

Uses For P₅P₅₀

Menstrual Comfort: Clinical trials have indicated that vitamin B₆ may support menstrual comfort, in part by maintaining healthy neurotransmitter function to promote healthy mood and mental functioning.*

Nervous System Support: Vitamin B₆ 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: P₅P₅₀ is beneficial to a number of physiological functions, providing a wide range of nutritional support. P₅P is required for proper absorption of B₁₂ 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 P₅P₅₀ 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 B₆ supplementation should notify their health professional, as vitamin B₆ 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.

P₅P₅₀

each vegetable capsule contains



pyridoxal 5' phosphate (activated B ₆).....	50 mg.
vitamin C (as ascorbyl palmitate).....	3 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	

2 capsules per day, in divided doses, with meals.

*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.