

Vitamin B6

DIN 00593648, 120 tablets, Vitamin supplement, Stock No. 1626-6
Coeliac alert – This product contains gluten.

Vitamin B6, also called pyridoxine, is involved in more bodily functions than almost any other single nutrient. It affects physical and mental health.

Vitamin B6 is a cofactor that helps activate over 100 different enzymes involved in hundreds of biochemical tasks in the body. It is used to metabolize protein as well as fats and nucleic acids. As protein intake increases, so does the need for vitamin B6. It is important for the production of energy and proper nervous system function. Vitamin B6 must be present for the production of antibodies and red blood cells.

Did you know?

More vitamin B6 should be taken with high protein diets and with pregnancy, lactation or if taking the birth control pill. Vitamin B6 helps maintain the balance between sodium and potassium, which promotes normal function of the nervous and musculo-skeletal systems.

Symptoms of vitamin B6 deficiency include anemia, flaky skin, hair loss, low blood sugar, cramps and numbness in the arms and legs, irritability, insomnia, and vomiting.

NSP Advantage

120 tablets. Vitamin supplement.

Ingredients: 50 mg of Vitamin B6 (pyridoxine hydrochloride) in an inactive base consisting of dicalcium phosphate, cellulose, wheat germ flour, stearic acid and magnesium stearate.

Recommendation: Take one tablet daily with a meal.

Features & Benefits

- May help keep the nervous system healthy.
- Has alleviated nausea and morning sickness in some cases.
- May reduce night muscle spasms, leg cramps, and hand numbness.
- May have potential to reduce the symptoms of PMS.
- Vitamin B6 works in tandem with B12 and Folic Acid to improve cardiovascular health.
- Strengthens the immune system.