

## **P-5-P Complex**

**Product number B016 - 100 tablets**

### **Description**

Vitamin B6 in the form of pyridoxal-5-phosphate (P-5-P), which is also referred to as the coenzyme form of this vitamin. Magnesium, zinc, and the coenzyme form of vitamin B2 (riboflavin-5-phosphate) support the metabolism of vitamin B6.

### **Vitamin B6 contributes to:**

- A normal metabolism of proteins and glycogen
- The normal functioning of the immune system
- A normal synthesis of cysteine and the normal metabolism of homocysteine
- A normal energy-yielding metabolism and reduction of fatigue
- normal functioning of the nervous system and normal psychological function
- the regulation of hormonal activity and the formation of red blood cells

### **Ingredients and% Reference Intake per tablet:**

Magnesium \* (bisglycinate) 37.5 mg 10%  
Pyridoxal-5-phosphate (P-5-P) 20 mg 978%  
Riboflavin-5-phosphate 5 mg 268%  
Zinc \* (mono-methionine) 2 mg 20%  
(\* basic amount)

**Ingredients:** minerals, vitamins. **Fillers:** maltodextrins (from corn), microcrystalline cellulose, rice starch. **Anti-caking agents:** vegetable magnesium stearate, silicon dioxide.

This product does not contain gluten, lactose, milk proteins or animal gelatin. I.v.m. amended legislation, the maximum amount of vitamin B6 is limited to 20 mg per tablet.

### **Usage and warnings:**

Adults take 1 tablet per day with meals. This product can lead to increased blood levels of vitamin B6 in a specific group of people; consult your practitioner. Do not exceed recommended dosage and keep out of reach of children. This dietary supplement is not suitable for children up to and including 17 years old. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.