



## B6-40 MG TABS

### Vitamin B6 (Pyridoxine HCl) 40 mg

Vitamin B<sub>6</sub> (pyridoxine) is important for normal brain development and for keeping the nervous system and immune system healthy. Vitamin B<sub>6</sub> in coenzyme forms performs a wide variety of functions in the body and is extremely versatile, with involvement in more than 100 enzyme reactions, mostly concerned with protein metabolism. Pyridoxal 5' phosphate (PLP) and pyridoxamine 5' phosphate (PMP) are the active coenzyme forms of vitamin B<sub>6</sub>, both PLP and PMP are involved in amino acid metabolism, and PLP is also involved in the metabolism of one-carbon units, carbohydrates, and lipids.

Vitamin B<sub>6</sub> also plays a role in cognitive development through the biosynthesis of neurotransmitters and in maintaining normal levels of homocysteine, an amino acid in the blood. Vitamin B<sub>6</sub> is involved in gluconeogenesis and glycogenolysis, immune function, and hemoglobin formation.

### B6-40 mg Tabs helps

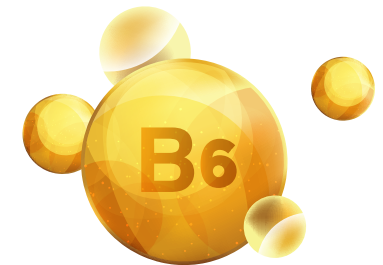
- » The body to metabolize carbohydrates, fats and proteins.

### List of Ingredients

Each Tablet Contains Active Ingredients:

Vitamin B6 (Pyridoxine HCl) USP.....40 mg

**List of Inactive Ingredients:** Microcrystalline cellulose USP, Di-calcium phosphate dihydrate USP, Croscarmellose sodium USP, Magnesium stearate (Vegetable Grade) USP.



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