

# P<sub>5</sub>P 50

Activated vitamin B<sub>6</sub>; supports energy metabolism, cardiovascular and neurological health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Musculoskeletal and neurological health<sup>†</sup>

## BENEFITS

- Active form of vitamin B<sub>6</sub>
- Supports the metabolism of carbohydrates, fats and proteins<sup>†</sup>
- Promotes healthy functioning of the nervous and musculoskeletal systems<sup>†</sup>
- Facilitates the release of glycogen used in energy production<sup>†</sup>
- Supports the production of antibodies and red blood cells<sup>†</sup>

## FEATURES

- Small capsules for easy swallowing
- Made with high-quality ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Pyridoxal 5' phosphate (P<sub>5</sub>P) is an active metabolite and predominant circulating form of pyridoxine (vitamin B<sub>6</sub>). P<sub>5</sub>P is a cofactor for more than 100 enzymes.<sup>1</sup> It is involved in the synthesis of neurotransmitters and works with folate and vitamin B<sub>12</sub> in the metabolism of homocysteine and the formation of red blood cells.<sup>1</sup> It is also required for enzymes that metabolize carbohydrates, fats, and proteins.<sup>1-3</sup> P<sub>5</sub>P facilitates the release of glycogen from the liver and muscles, which is used in energy production.<sup>1,4</sup> In addition, P<sub>5</sub>P helps to maintain the balance of sodium and potassium, which regulates body fluids. This nutrient also promotes the healthy functioning of the nervous and musculoskeletal systems.<sup>1,5†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Pure Encapsulations® P<sub>5</sub>P 50 is synthetically derived
- Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil
- Hypoallergenic plant fiber is derived from pine cellulose

## NOTES

Size 3 caps

Bottle counts 60, 180

Order codes P56, P51

Bottle sizes 75 cc, 120 cc

## REFERENCES

1. Gropper SS, Smith JL, Groff JL. *Advanced Nutrition and Human Metabolism*. 5th ed. Belmont, CA: Wadsworth; 2009.
2. Spellacy WN, et al. *Contraception*. 1972. 6(4); 265-273.
3. Cohick PL, et al. *Eur J Clin Nutr*. 2011;65,423-4.
4. Lyon JB, et al. *Biochim Biophys Acta* 1962;58(2);248-54.
5. Robinson JD. *J Bioenerg Biomembr*. 1984 Jun;16(3):195-207.

## SUPPLEMENT FACTS

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Vitamin B<sub>6</sub> (as pyridoxal 5' phosphate) (activated B<sub>6</sub>) 50 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate



P <sub>5</sub> P 50 (activated B <sub>6</sub> )	Quantity	Order Code
	180	P51
	60	P56

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