

P₅P 50

Activated vitamin B₆; supports energy metabolism, cardiovascular and neurological health[†]

INDICATIONS

- Ages 18 and up
- Musculoskeletal and neurological health[†]

BENEFITS

- Active form of vitamin B₆
- Supports the metabolism of carbohydrates, fats and proteins[†]
- Promotes healthy functioning of the nervous and musculoskeletal systems[†]
- Facilitates the release of glycogen used in energy production[†]
- Supports the production of antibodies and red blood cells[†]

FEATURES

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

VERIFIABLE SCIENCE

Pyridoxal 5' phosphate (P₅P) is an active metabolite and predominant circulating form of pyridoxine (vitamin B₆). P₅P is a cofactor for more than 100 enzymes.¹ It is involved in the synthesis of neurotransmitters and works with folate and vitamin B₁₂ in the metabolism of homocysteine and the formation of red blood cells.¹ It is also required for enzymes that metabolize carbohydrates, fats, and proteins.¹⁻³ P₅P facilitates the release of glycogen from the liver and muscles, which is used in energy production.^{1,4} In addition, P₅P 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.^{1,5†}

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® P₅P 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 B₆ (as pyridoxal 5' phosphate) (activated B₆) 50 mg

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



P ₅ P 50 (activated B ₆)	Quantity	Order Code
	180	P51
	60	P56

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.