



Vitamin B6 Yeast-Free

Nature's Harmony® Vitamin B6 provides 100 mg of vitamin B6 (pyridoxine) in a tablet that is free from yeast, an extremely common food allergen.

PRODUCT CODE: 400429

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps the body to metabolize fats, proteins and carbohydrates. Helps in tissue formation. A factor in the maintenance of good health.	Tablet	Take 1 tablet with a meal or more daily, or as directed by a health care practitioner.

DESCRIPTION:

Vitamin B6 is one of the most essential and widely utilized vitamins in the body. It is required for healthy skin and mucous membranes, a properly functioning nervous system and healthy blood and blood vessels. Vitamin B6 is helpful in the treatment of PMS, carpal tunnel syndrome, depression, cardiovascular disease, diabetes and asthma.

Recommended Daily Allowance: Dosage varies, depending on age.

Food Sources: Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, chicken, eggs.

Causes of Deficiency: Poor diet, some oral contraceptives, excessive alcohol consumption, tobacco and air pollutants, stress.

Symptoms of Deficiency: Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema.

Complementary Nutrients: Other B vitamins, especially B2 (riboflavin); magnesium; zinc.

HOW IT WORKS:

Vitamin B6 is involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all our body functions. This vitamin is also concerned in the breakdown of glycogen to glucose, and it plays a critical role in brain chemistry. It is involved not only in the synthesis of the neurotransmitter serotonin from the amino acid tryptophan, but other neurotransmitters, such as dopamine, melatonin and gamma-aminobutyric acid (GABA), are synthesized by this vitamin as well. In addition, vitamin B6, along with folic acid and vitamin B12, helps to regulate the amount of homocysteine in the blood, thus decreasing the risk of cardiovascular disease.



DID YOU KNOW...

Vitamin B6 has been studied for use in over 100 different health conditions and is one of the most widely used nutritional supplements.

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RESEARCH:

The efficacy of vitamin B6 for the relief of premenstrual syndrome (PMS) is supported by scientific research. A review of randomized, double-blind, placebo-controlled trials of vitamin B6 in the treatment of PMS concluded that this vitamin significantly relieves overall premenstrual and premenstrual-associated depressive symptoms. Premenstrual symptoms were relieved significantly by 100 mg of vitamin B6 daily.




INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner prior to use if you are taking levodopa.

OTHER CONSIDERATIONS:

Never take very high doses of a single B vitamin without increasing the amount you take of all the others, not only because the B vitamins work together, but also because the B vitamins compete in the intestines for absorption by the body.

LABEL:

 <p>Vitamine B6 100 mg USP</p> <p>Formule végétarienne sans levure</p> <p>60 comprimés NPN 80002090</p>	<p>Usage recommandé: Aide l'organisme à métaboliser les lipides, les protéines et les glucides. Aide à la formation des tissus. Un facteur dans le maintien d'une bonne santé.</p> <p>Dose recommandée (Adultes): Prendre 1 comprimé par jour, accompagné d'un repas.</p> <p>Ingrédients médicinaux : Chaque comprimé contient Vitamine B6 (chlorhydrate de pyridoxine) USP.....100 mg</p> <p>Ingrédients non médicinaux: Phosphate dicalcique, cellulose microcristalline, croscarmellose sodique, acide stéarique, stéarate de magnésium, oxyde de silicium, enrobage pharmaceutique.</p> <p>Ce produit ne contient ni maïs, ingrédients laitiers, œuf, gluten, lactose, noix, crustacés, sodium, soya, amidon, sucre, sulfites, levure, ni colorants, arômes ou agents de conservation artificiels.</p> <p>Information sur les risques: Consultez un praticien de la santé avant de prendre ce produit si vous prenez de la levodopa.</p> <p>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTÉE DES ENFANTS.</p>	 <p>Vitamin B6 100 mg USP</p> <p>Yeast-Free Vegetarian Formula</p> <p>60 Tablets NPN 80002090</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.</p> <p>Manufactured for / Fabriqué pour : Purity Life Health Products A division of the division de SunOpta Inc. 6 Commerce Cres., Acton ON L7J 2K3. For more information visit www.naturesharmony.com or call 1-877-929-2548. Pour plus de précisions, visitez le site www.naturesharmony.com ou composez le 1 877 929-2548.</p>  <p>0 63047 00429 5</p> <p>4004291-01</p>
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