

# Vitamin B-6 Liquid

*Liquid form for fast absorption*

This product provides concentrated vitamin B6 in a delicious raspberry flavored liquid and is ideal for those who require higher doses of this often lacking nutrient and/or who prefer a liquid form over pills. B6 occurs naturally in several forms, but specific ones are needed by the body for particular functions. Vitamin B-6 Liquid contains B6 as pyridoxal-5-phosphate (P-5-P), the most bioactive form of the nutrient, along with pyridoxine HCl, a precursor to P-5-P.

Vitamin B6 is abundant in the food supply in both plant and animal foods, but as with many nutrients, certain circumstances may increase the body's need for it above that which could reasonably be obtained from diet alone.

Vitamin B6 performs a host of functions in the body. Among these, B6 is a required cofactor for the enzyme needed to convert L-DOPA to dopamine, and 5-HTP to serotonin. Dopamine and serotonin are sometimes referred to as "feel good" compounds: they are neurotransmitters that help support balanced moods, a positive mental outlook, and a healthy response to occasional stress.

Other roles for B6 include healthy metabolism of proteins, proper hormone signaling, and synthesis of heme, the portion of hemoglobin that carries oxygen in the blood. For these reasons, adequate B6 levels may help maintain steady energy levels. Vitamin B6 plays a role in cardiovascular health as well. Vitamins B6, B12 and folate are needed to help regulate levels of homocysteine, an indicator of cardiovascular risk.

Certain medications may interfere with the absorption of B6 from foods, potentially increasing the need for supplementation. Among these are oral contraceptives and NSAIDs (non-steroidal anti-inflammatory drugs).

## Synergy with Magnesium and Zinc

Vitamin B-6 Liquid includes magnesium and zinc because they serve as common cofactors in the body and are needed along with B6 for multiple metabolic conversions. Deficiencies in any or all of these nutrients may lead to issues related to neurotransmitters, hormones or metabolism, which can affect physical, mental, and emotional health.

## How to Take

As a dietary supplement, take 5 mL (approx. 1 teaspoon) per day, or as directed by your health care practitioner.



\*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.

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