



## B-6

**Vitamin B6** aids in the absorption of Vitamin B12. Vitamin B6 is needed for production of insulin, adrenaline, anti-bodies, white blood cells and protein metabolism. Vitamin B6 is called the “Women’s Vitamin” because it is thought to benefit the symptoms of PMS, menopause and cure some forms of infertility as well as being a great natural diuretic. Vitamin B6, also known as pyridoxine, is the most important vitamin in the body’s processing of amino acids. Vitamin B6 is an essential nutrient in the regulation of mental processes and possibly assists in mood and many other health concerns.

CONTENTS	% DAILY VALUE
Vitamin B6 (pyridoxine hcl) 100 mg.	2500%

Instructions: Take one (1) tablet daily.

Other ingredients: Magnesium stearate, stearic acid, microcrystalline cellulose.

### NOTE

- Be cautious when using this vitamin, however, because long-term use of high doses of B6 may cause nerve damage.

**CAUTION:** Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

**CAUTION:** This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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.