

P5P 20mg

(Pyridoxal-5-Phosphate)

Presentation

A pale yellow clear coated tablet.

Typically per tablet:

Vitamin B6 (Pyridoxal-5-Phosphate) 20mg

Tableted with:

Cellulose, Calcium Carbonate, Anti-Caking Agents (Silicon Dioxide & Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Stearic Acid.

Disintegration Time: Less than 1 hour.

Suitable for vegetarians  and vegans 

quantity
60

type
tablets

code
8066



Uses

Vitamin B6 is probably involved in more processes in the body than any other B vitamin, but despite this up to 25% of women have diets that provide less than the Nutrient Reference Value (NRV) for this vitamin (and the NRV is just 1.2mg which is likely to be a long way short of an optimum intake).

Vitamin B6 can be found in three different forms: pyridoxine, pyridoxamine, and pyridoxal, all of which are normally present in foods. Vitamin B6 must first be converted into the active compound of Pyridoxal 5-Phosphate (P5P) in the liver.

It plays an important role in various functions in the body such as metabolism at the cellular level, muscle growth and repair, mood regulation, sleep regulation, and is very popular with women as a premenstrual supplement. It is also established that deficiencies of this B vitamin can raise homocysteine levels in the blood, a factor that has been implicated in the development of cardiovascular disease.

By consuming vitamin B6 in the active P5P form, conversion is no longer necessary, meaning it is all ready to be used by the body. This product provides a full 20mg of P5P per tablet.

Usage and administration

For those 15 years and above, 1 tablet daily.

Allergen advice

None (see page 194)

Cautions

Long term intake may lead to mild tingling and numbness.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

