

# P-5-P and P-5-P Plus™

## Pyridoxal 5'-Phosphate with optional magnesium

### Introduction

P-5-P provides pyridoxal 5'-phosphate (P-5-P), the active coenzyme form of vitamin B<sub>6</sub>, to support amino acid balance, liver function, neurotransmitter production, and fatty acid metabolism.<sup>1</sup> P-5-P Plus combines P-5-P with magnesium to support cellular absorption.<sup>1</sup>

### Product features

- Clean, hypoallergenic formulas
- Bioactive, well-tolerated, and easy-to-absorb
- Addition of magnesium bisglycinate chelate assists B<sub>6</sub> metabolism without GI tissue irritation

### Mechanisms of action

- Promotes optimal potency of vitamin B<sub>6</sub> by avoiding the need for bioconversion in the liver<sup>1</sup>
- Optional chelated magnesium provides gastrointestinal comfort by protecting magnesium through the stomach and promoting absorption in the intestine<sup>1</sup>

### Background

Vitamin B<sub>6</sub> is necessary for numerous biochemical processes in the body, including protein and amino acid metabolism, red blood cell formation, and synthesis of immune antibodies. While there are several compounds that are commonly referred to as B<sub>6</sub>, only P-5-P plays an active coenzyme role. Highly versatile and directly utilized by the body, P-5-P controls the metabolism of amino acids, aids in the production of neurotransmitters, and acts as a cofactor for more than 150 enzymes in the body.<sup>1</sup>

### Formula

#### P-5-P

SUGGESTED USE: 1 capsule daily with food or as directed by a healthcare professional.

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Capsule	% Daily Value	
Vitamin B <sub>6</sub> (as pyridoxal 5'-phosphate)	30 mg	1,765%

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), and L-leucine.

**V910-10 100 vegetarian capsules**

**V910-25 250 vegetarian capsules**



### How supplied

100 or 250 vegetarian capsules per bottle.

### Storage

Store in a cool, dry place (59°F to 85°F) away from direct light. Keep out of reach of children.

### References

1. Vitamin B<sub>6</sub> Dietary Supplement Fact Sheet. National Institutes of Health Office of Dietary Supplements. <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/> [Accessed August 2, 2018.]

\*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.

#### P-5-P Plus

SUGGESTED USE: 1 capsule daily with food or as directed by a healthcare professional.

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Capsule	% Daily Value	
Vitamin B <sub>6</sub> (from 50 mg pyridoxal 5'-phosphate)	30 mg	1,765%
Magnesium (as TRAACS® magnesium bisglycinate chelate, magnesium oxide <sup>1</sup> )	100 mg	24%

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water) and L-leucine.

<sup>1</sup>Albion® Laboratories.

**V911-10 100 vegetarian capsules**

