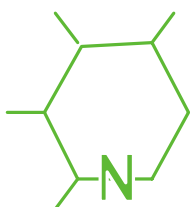


VITAMIN B6

This is a water soluble vitamin which is excreted within eight hours after ingestion and therefore it needs to be constantly replaced by eating whole foods or taking supplements. Vitamin B6 is actually a group of three substances pyridoxine, pyridoxal and pyridoxamine.

All forms exist routinely in foods and have equal vitamin B6 activity.

Vitamin B6 is fairly stable to heat but may be lost in cooking water. Exposure to alkalis and U.V. light lead to a reduction of vitamin B6 content.

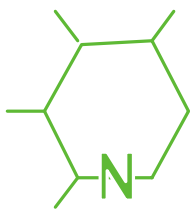


The Benefits of Vitamin B6

Several groups of people who may become deficient in Vitamin B6 and may therefore benefit from supplementation are:-

- Women on the contraceptive pill—may alleviate depression sometimes associated
- Pregnant Women.
- Alcoholics.
- Smokers.
- Bodybuilders consuming 200-300grams of protein a day.

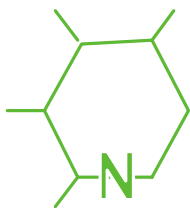
As well as those listed above there are several other conditions which have been shown to benefit from vitamin B6 supplementation, these are:-



Premenstrual syndrome – many GP's are beginning to prescribe Vitamin B6 for this condition up to 200mg daily.

Prevention and treatment of nausea and vomiting - due to irradiation, drug therapy, anaesthesia and travel sickness.

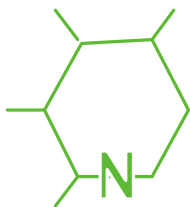
Carpal tunnel syndrome.



Properties

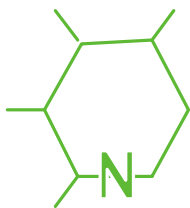
Vitamin B6 is rapidly converted in the body to the coenzymes pyridoxal phosphate and pyridoxamine phosphate. These coenzymes play essential parts in:-

- Protein metabolism
- Energy production
- Fat metabolism
- Central nervous system activity
- Haemoglobin production



Contra-indications/Precautions

Should not be taken by anyone taking levadopa, or the anticonvulsants phenytoin and phenobarbitone.



Why Choose Natures Aid Vitamin B6?

Natures Aid manufacture both Vitamin B6 50mg and 100mg tablets in formulations that are suitable for vegans and vegetarians.

Natures Aid, St George's Park, Kirkham, PR4 2DQ

This information has been provided to inform and educate trade customers and professionals only. It is not intended for use to diagnose, treat or cure disease; nor to provide medical advice. If in doubt consult a qualified practitioner.

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