



Vitamin B6

Quest Vitamin B6 is a high-quality nutritional supplement. Vitamin B6 is one of the most essential and widely utilized vitamins in the body. It is required for healthy skin, mucous membranes, blood, and blood vessels. This vitamin is also necessary for properly functioning nervous and immune systems, and it is known to be helpful for the treatment of premenstrual syndrome (PMS), depression, carpal tunnel syndrome, cardiovascular disease, diabetes, and asthma.



PRODUCT CODE: 338373

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health. Helps the body to metabolize proteins, fats and carbohydrates. Helps in tissue formation.	Tablets	Adults take 1 tablet daily, or as directed by health care practitioner.

DESCRIPTION:

Each tablet of Quest Vitamin B6 contains 250 mg of vitamin B6 (pyridoxine hydrochloride). This product contains no artificial preservatives, colours, flavours, or corn, dairy, egg, gluten, shellfish, soy, sulfites or animal derivatives.

Recommended Daily Allowance: Dosage varies, depending on age.

Food Sources: Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs.

Causes of Deficiency: Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress.

Symptoms of Deficiency: Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema.

Complementary Nutrients: Other B vitamins, especially B2 (riboflavin); magnesium; zinc.

HOW IT WORKS:

Vitamin B6 is involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all our body functions. This vitamin is also concerned in the breakdown of glycogen to glucose, and it plays a critical role in brain chemistry; it is involved not only in the synthesis of the neurotransmitter serotonin from the amino acid tryptophan, but other neurotransmitters, such as dopamine, melatonin, and gamma-aminobutyric acid (GABA), are synthesized by this vitamin as well. In addition, vitamin B6, along with folic acid and vitamin B12, helps to regulate the amount of homocysteine in the blood, thus decreasing the risk of cardiovascular disease.



DID YOU KNOW...

Vitamin B6 has been studied for use in over 100 different health conditions and is one of the most widely used nutritional supplements.

Vitamin B6

RESEARCH:

Clinical research supports the therapeutic use of vitamin B6 for many conditions. In the case of premenstrual syndrome (PMS), a review of randomized, double-blind, placebo-controlled trials of vitamin B6 concluded that this vitamin significantly relieves overall premenstrual and premenstrual-associated depressive symptoms.

SIDE EFFECTS:

No side effects expected at recommended dosage. Dosages of more than 2,000 mg daily of vitamin B6 have resulted in neurotoxicity and photosensitivity.


INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult your health care practitioner if you are taking levodopa for Parkinson’s disease.

OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:

 <p>ÉNERGIE</p> <p>Vitamine B6 250 mg</p> <p>NPN 02243441</p> <p>90 comprimés</p> <p>Aide à maintien d'une bonne santé</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p> 	<p>Usage recommandé : Un facteur dans le maintien d'une bonne santé. Aide le corps à métaboliser les protéines, les lipides et les glucides. Aide à la formation des tissus.</p> <p>Dose recommandée (adultes) : Prendre 1 comprimé par jour ou selon l'avis d'un praticien de soins de santé.</p> <p>Ingédients médicinaux : Chaque comprimé contient : Vitamine B6 (chlorhydrate de pyridoxine).....250 mg</p> <p>Ingédients non médicinaux : phosphate dicalcique, croscarmellose sodique, stéarate de magnésium, cellulose microcristalline, acide stéarique, cellulose, glycérine.</p> <p>Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, soja, sulfites ou dérivés d'origine animale.</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTEE DES ENFANTS.</p>	 <p>ENERGY</p> <p>Vitamin B6 250 mg</p> <p>NPN 02243441</p> <p>90 tablets</p> <p>Helps to maintain good health</p> <p>No artificial colours, flavours or preservatives</p> 	<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCAU DE SECURITE SOUS LE CAPUCHON EST BRISÉ.</p> <p>www.questvitamins.com 1-877-929-2548</p> <p> SunOpta Inc. & Commerce Crescent Acton, ON L7J 2X3</p> <p> A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>F.P.O. - 80% UPC CODE TO BE: 0 58371 21065 8</p> <p>388373.01-03</p>
--	---	---	--