

B6 Synergistic Essential nutrient support

- ENZYME FORM
- HIGH ABSORPTION FORMULA



Vitamin B₆ is a water-soluble vitamin that exists in three major chemical forms: pyridoxine, pyridoxal-5'-phosphate and pyridoxamine. It performs a wide variety of functions in your body and is essential for your good health. For example, vitamin B₆ is needed for more than 100 enzymes involved in protein metabolism. It is also essential for red blood cell metabolism. The nervous and immune systems need vitamin B₆ to function efficiently, and it is also needed for the conversion of tryptophan (an amino acid) to niacin (a vitamin).

In order for B₆ to be utilized by the body, it must first be converted into its active coenzyme form. The active form of vitamin B₆ is pyridoxal-5'-phosphate (P5P): this active form allows for the best absorption, because it is ready to go to work immediately.

Many B₆ supplements contain only the inactive pyridoxine HCl form. In some cases, supplementation of this form singularly, caused a reversible numbness and tingling of the extremities. New Roots Herbal's B₆ formula contains P5P to ensure maximal bioavailability if your liver is unable to convert this form into the usable P5P form.

It is primarily the liver that synthesizes P5P from pyridoxine with the help of enzymes. P5P is associated with numerous enzymes, many of which are involved in amino acid metabolism. This necessary process produces the neurotransmitters dopamine, nor adrenaline, GABA, as well as hemoglobin in red blood cells.

Hemoglobin within red blood cells carries oxygen to tissues. Your body needs vitamin B₆ to make hemoglobin. Vitamin B₆ also helps increase the amount of oxygen carried by hemoglobin. A vitamin B₆ deficiency can result in a form of anemia that is similar to iron deficiency anemia.

"Immune response" is a broad term that describes a variety of biochemical changes that occur in an effort to fight off infections. Calories, protein, vitamins, and minerals are important to your immune defenses because they promote the growth of white blood cells that directly fight infections. Vitamin B₆, through its involvement in protein metabolism and cellular growth, is important to the immune system. It helps maintain the health of lymphoid organs (thymus, spleen, and lymph nodes) that make your white blood cells. Animal studies show that a vitamin B₆ deficiency can decrease your antibody production and suppress your immune response.

Vitamin B₆ also helps maintain your blood glucose (sugar) within a normal range. When caloric intake is low, your body needs vitamin B₆ to help convert stored carbohydrate or other nutrients to glucose to maintain normal blood sugar levels. While a shortage of vitamin B₆ will limit these functions, supplements of this vitamin do not enhance them in well-nourished individuals.

What the research says: Vitamin B₆ has been shown to work together with vitamin B₁₂ and folic acid/folate to reduce blood levels of homocysteine, an amino acid that builds and maintains tissues. Elevated homocysteine levels can increase your risk of heart attack, stroke or loss of circulation in your hands and feet. Many people tout vitamin B₆ as a remedy for premenstrual syndrome (PMS); however, studies have shown conflicting results. Large doses taken to treat carpal tunnel or premenstrual syndromes have been associated with neurological problems and skin lesions.

Caution: See your health professional before taking vitamin B₆ if you have intestinal problems, liver disease, an overactive thyroid, sickle cell disease or if you've been under severe stress as a result of illness, burns, an accident or recent surgery. If you're pregnant or breast-feeding, don't take vitamin B₆ in doses greater than the RDA.

Manufactured under strict GMP (Good Manufacturing Practices)

*For more information, please contact New Roots Herbal
at 1-800-268-9486 or www.newrootsherbal.com*

