



## B6 SUPREME

A DIETARY SUPPLEMENT TO SUPPORT  
PROPER NERVE FUNCTION†

B6 Supreme is the active form (does not require activation by the liver) of Vitamin B6 to provide optimal utilization. Each vegetarian capsule contains 50 mg.

### Recommended to support those with:

- PMS\*
- Muscle discomfort\*
- Morning sickness or Nausea\*
- Low mood\*
- Imbalanced homocysteine levels\*
- Hyperactivity\*
- Immune challenges\*
- Fluid imbalance\*
- Infertility\*

Vitamin B6 is involved in more bodily functions than almost any other single nutrient. It serves as a coenzyme for more than 100 enzymes.

### Vitamin B6 Supports:

- Nervous system and brain function\*
- The immune system function and antibody production\*
- Red blood cell production\*
- Balanced homocysteine levels and cardiovascular health\*
- The synthesis of RNA and DNA to support normal cell growth\*
- Muscle comfort during menstruation and balanced mood\*
- Fluid balance within the body\*
- Hydrochloric acid production for digestion\*
- Protein, lipid, and carbohydrate metabolism\*
- Absorption of B12\*

Antidepressants, estrogen therapy and use of oral contraceptives decrease the levels of Vitamin B6. A deficiency of B6 has been linked to anemia, headaches, poor skin health, depression, fatigue, poor memory, hair loss, hearing problems, poor wound healing and carpal tunnel syndrome.\*

### Supplement Facts

**Serving Size: 1 Capsule**

#### Amount Per Serving

Vitamin B6	
(from 50 mg Pyridoxal 5-Phosphate)	33.8 mg

Other ingredients: rice flour, vegetable cellulose (capsule), vegetarian leucine.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take 1 capsule, 2 to 4 times daily, or as directed by your healthcare practitioner.

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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.

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