

# Vitamin B-6 Liquid

*Vitamin B6, Zinc, and Magnesium Cofactor Blend*



Designs for Health's Vitamin B-6 Liquid provides concentrated vitamin B6 in a delicious raspberry flavor. Vitamin B6 occurs naturally in several forms, but specific ones are needed by the body for particular functions. This product is formulated with vitamin B6 as pyridoxine HCl, a precursor to pyridoxal-5-phosphate, which is the most biologically active form of this essential nutrient. Vitamin B-6 Liquid includes magnesium and zinc, as they serve as common cofactors in the body and are needed along with B6 for multiple metabolic conversions to occur. Each serving is formulated to provide 50 mg of vitamin B6, 30 mg of magnesium bisglycinate chelate, and 5 mg of zinc bisglycinate chelate in a convenient liquid, ideal for situations where higher doses are needed, or for those who prefer a liquid form over softgels or capsules, and/or for individuals who have difficulty swallowing pills.

Although vitamin B6 is abundant in the food supply in both plant and animal foods, certain circumstances (e.g., use of oral contraceptives and nonsteroidal anti-inflammatory drugs [NSAIDs]) may increase the body's need for this vitamin.\* Vitamin B6 performs a host of functions in the body. B6 is a required cofactor for the conversions involved in dopamine and serotonin production (i.e., the "feel good" neurotransmitters that help support balanced moods, a positive mental outlook, and a healthy response to occasional stress).\* Vitamin B6 also plays key roles in proper hormone signaling, synthesis of heme, healthy metabolism of proteins, and homocysteine metabolism (an indicator of cardiovascular risk).\*

## Benefits\*

- May help promote balanced mood and positive mental outlook
- May help support a healthy response to occasional stress
- Helps support brain health and neurotransmitter production
- May support cardiovascular health
- Supports cellular energy production
- Helps support healthy red blood cell function and hemoglobin synthesis

## Recommended Use

Take 5 mL (approximately 1 teaspoon) per day or as directed by your health-care practitioner.

## Highlights

- 50 mg of stabilized vitamin B6
- Chelated forms of magnesium and zinc for enhanced absorption and bioavailability
- Convenient liquid delivery method
- Delicious raspberry flavored liquid
- No artificial flavors or sweeteners
- Naturally sweetened with glycerine

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

\*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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