

Coenzymated™ B-6

P-5'-P (Pyridoxal-5'-Phosphate)



Absorption of nutrients is critical for optimal health. In order for vitamins to be utilized by the body, they must first be converted by your liver into their metabolically active forms. In today's polluted and stressful environment, the liver's ability to make this conversion may be impaired.

The active form of vitamin B-6 is pyridoxal-5'-phosphate or P-5'-P. This active form allows for the best absorption, because it is ready to go to work immediately. Source Naturals' strategy of providing vitamins already in their active coenzyme form creates a nutritional shortcut that gives immediate and powerful results.





The Liver and Coenzymation

The liver is the largest of our vital organs. It is responsible for facilitating digestion and elimination, and filtering potentially toxic waste products from the blood. It also must convert most nutrients into their metabolically active forms before they can act in the body. If the liver is functioning at optimal levels this conversion takes place, but when the liver's load becomes too great, its ability to Coenzymate™ vitamins into their active forms can be greatly impaired.

Vitamin B-6 and P-5'-P

Vitamin B-6 is the collective term for a group of three related compounds, pyridoxine, pyridoxal and pyridoxamine. All three have a phosphorylated form, but pyridoxal-5'-phosphate is the most active in enzymatic reactions. Vitamin B-6 is required for the metabolism of lipids, carbohydrates, and proteins. It facilitates the

conversion of amino acids from one to another and is necessary for the normal synthesis of hemoglobin and the normal function and growth of red blood cells. B-6 is crucial for nervous system support because of its role in the synthesis of the neurotransmitters serotonin, gamma amino butyric acid (GABA) and dopamine. When taken as part of a B-complex supplement, B-6 may help support cardiovascular health by aiding the body in processing homocysteine. Homocysteine is an amino acid-like compound that, at elevated levels, can decrease cardiovascular health.

B-6 Sources

Since the body does not produce vitamin B-6 it must be found in an outside source. Food sources of B-6 include salmon, herring, brown rice, blackstrap molasses, avocados, sardines, grapes, walnuts, and eggs. It can be difficult to get enough of this vitamin from dietary sources alone because cooking can destroy much of the B-6 content.

Nutrition for Wellness

Taking responsibility for your health is at the heart of the wellness revolution. Your local health food outlet is a great resource for nutritional education and effective, advanced natural products. You will find Source Naturals COENZYMATED B-6 at these outlets in 25 and 100 mg potencies.

References:

- Bernstein A.L. 1990. Vitamin B6 in Clinical Neurology. *Annal New York Academy of Science*. 585:250-260.
- Robinson K., Arheart K., Refsum H., Brattstrom L., Boers G., Ueland P., Rubba P., Palma-Reis R., Meleady R., Daly L., Witztman J., Graham I. 1998. Low circulating folate and vitamin B6 concentrations: Risk factors for stroke, peripheral vascular disease, and coronary artery disease. *Circulation*. 97:437-443.
- Vitamin B6 (Pyridoxine; Pyridoxal-5'-Phosphate). *Alternative Medicine Review* 2001. 6(1):87-92.



Strategies for Wellness™

www.sourcenaturals.com



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