



# Activated B6 Plus

Bioactive Synergistic Vitamin Supplement

*Maintains healthy immune system function, muscle function and supports energy production. Assists in healthy red blood cell production and supports the synthesis of neurotransmitters.*

*Contains 2 forms of vitamin B6, pyridoxine HCl and P5P (activated B6) plus synergistic nutrients vitamin B1 and B2.*

## Nutritional Therapy

Bioactive Bioavailable Quality Ingredients

This formula contains two forms of vitamin B6; pyridoxine HCl and P5P (activated B6) plus synergistic nutrients vitamin B1 (thiamine) and vitamin B2 (riboflavin).

## What you need to know about this supplement

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- Assists the synthesis of neurotransmitters (Pyridoxine, Thiamine)
- Helps the metabolism of carbohydrates, fats and proteins (Pyridoxine, Thiamine, Riboflavin)
- Supports energy production (Thiamine, Riboflavin)
- Supports body mucous membrane health (Riboflavin)
- Helps reduce free radical damage to body cells (Riboflavin)
- Maintains muscle function (Thiamine)
- Assists healthy red blood cell production (Pyridoxine)
- Supports haemoglobin synthesis (Pyridoxine)
- Supports heart health (Thiamine)
- Maintains healthy immune system function (Pyridoxine, Riboflavin)
- Supports healthy eye function (Riboflavin)
- Maintains hair, nail and skin health (Riboflavin)
- Assists connective tissue production (Riboflavin)
- Supports general health and wellbeing (Pyridoxine, Thiamine, Riboflavin)



For Practitioner Dispensing Only

## Specifications



90 Vegetarian Hard Capsules 7mm | 19mm

Description: Capsule

Dosage 1 capsule twice daily, or as directed by your healthcare professional.

Vegan friendly

Blended, tableted and packaged in Australia



## Allergen & Free From

Ingredients in this product have been formulated without gluten, wheat, yeast, soy, egg, gelatin, fish, molluscs, crustaceans, milk products, peanuts, tree nuts, sesame, bee products, artificial preservatives, colours or flavours.

## Each Capsule Contains:

Pyridoxine hydrochloride	36.5 mg
Equiv. pyridoxine	30 mg
Pyridoxine 5-phosphate monohydrate (P5P)	31.4 mg
Equiv. pyridoxine	20 mg
<b>Total Pyridoxine (Vitamin B6)</b>	<b>50 mg</b>
Thiamine nitrate	2 mg
Riboflavin (Vitamin B2)	500 micrograms

Excipients Calcium hydrogen phosphate dihydrate, colloidal anhydrous silica, hypromellose, magnesium stearate, microcrystalline cellulose.

**WARNING:** Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. (Contains vitamin B6). Vitamins and minerals can only be of assistance if dietary intake is inadequate.

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## PEER NOTES

## FOR PROFESSIONAL REFERENCE ONLY

Pyridoxine (B6) and thiamine (B1) not only contribute to important physiological functions in the human body, but also have crucial neurospecific roles in the health of both the central and peripheral nervous systems. (1)

B6 is associated with over 150 coenzymatic functions. These reactions are important for amino acid, carbohydrate, fatty acid and nucleic acid metabolism, cell signalling, and neurotransmitter production. (1-4) B6 contributes to the proper functioning of the nervous system by facilitating neurotransmitter and myelin synthesis, and by controlling glutamate excitability and neuronal metabolism. In a partial B6 deficiency, some enzymes may be more affected than others, leading to greater depletion of certain neurotransmitters, causing imbalances between neurotransmitter levels. (1) The presence of B1 and B6 protects against naturally occurring damage in the peripheral nervous system and facilitates nervous system regeneration by supporting the development of new cell structures. While B1 acts as a site-directed antioxidant, protecting nerves from oxidative damage, B6 balances nerve metabolism. (3) Vitamin B1 is essential for energy supply for nerve fibres through glucose metabolism out of carbohydrates (3) Current research studies find that B6 exerts a protective effect against chronic diseases such as cardiovascular disease (CVD) and diabetes by suppressing inflammation and oxidative stress. B6, as Pyridoxal-5-Phosphate, plays an important role in the homocysteine pathway, and lack of this cofactor can contribute to the development of atherosclerosis and CVD. (4) B6 is also crucial within both the innate and the adaptive immune system and a B6 deficiency could lower resistance to infections. (4-6) Riboflavin (B2) is a key cofactor in mitochondrial energy metabolism. It improves iron absorption and helps in the mobilization of ferritin from tissues. (7) B2 is anti-inflammatory, reduces reactive oxygen species levels, and is antioxidant, most importantly via its recycling of glutathione, which, among its many antioxidant functions, provides protection for the eyes. In this way B2 plays an essential role in cataract prevention. (7-11) 80% of age-related cataract patients have showed a B2 deficiency. (7) Vitamin B2 activates phagocytic activity of neutrophils and macrophages and stimulates multiplication of neutrophils and monocytes to maintain healthy immune function. (7) It also helps to maintain the integrity of the skin, hair, and mucous membranes. (11)

# Work with the Specialists!

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