

## P5P 20 mg (Pyridoxal 5 phosphate) 60 Tablets

EAN: 5055148411831 FABRICANTE: LAMBERTS



*Vitamin B6 is probably involved in more processes in the body than any other vitamin, but despite this, up to 25% of women have diets that provide less than the Nutrient Reference Value (NRV) determined for this vitamin.*

### DESCRIPTION

Vitamin B6 can be found in three different forms: pyridoxine, pyridoxamine and pyridoxal, all of which are normally present in foods. Vitamin B6 must first be converted into the active compound pyridoxal-5-phosphate (P5P) in the liver.

This vitamin plays an important role in various body functions such as: metabolism at the cellular level, muscle growth and repair, mood regulation, sleep regulation and is very popular among women as a premenstrual supplement.

By consuming vitamin B6 in the active form of P5P, conversion is no longer necessary, meaning it is ready to be used by the body.

This product provides 20 mg of P5P per tablet.

This product is suitable for vegetarians and vegans.

Per tablet:	%NRV*
Vitamin B6 (Pyridoxal-5-Phosphate) 20 mg	1429

\*NRV = Nutrient Reference Values.

For those aged 15 years or older.

### Allergen note

The following list of allergens are excluded: wheat, barley, soya, eggs, milk (and dairy products), lactose, nuts, sulphites, celery, fish, shellfish, yeast and gluten.



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### Precautions

This product is not recommended for pregnant or breastfeeding women. The dose of vitamin B6 in this product is 20 mg/day, and it should not be consumed for more than 6 months, since its consumption for longer periods may cause peripheral neuropathy in some individuals, the symptoms of which are: tingling, numbness, paresthesia and pain in the extremities. If any of these symptoms appear, stop taking the product and consult your doctor.

### Instructions for use:

- For ages 15 years and older. Take 1 tablet daily with a meal.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 60 days.

