

**Pyridoxine-250**  
**Vitamin B6**

**DESCRIPTION**

Pyridoxal-250, provided by Douglas Laboratories, supplies 250 mg of Vitamin B-6(Pyridoxine) in each capsule.

**FUNCTIONS**

Pyridoxine (vitamin B6) is involved in the metabolism of amino acids and other nitrogen compounds. In the liver, pyridoxine is essential for glucose production from amino acids via its role as coenzyme for the transaminase enzymes. Pyridoxine is also needed by the liver and muscles to make stored glycogen available for glucose production, and to synthesize niacin from the amino acid tryptophan. In red blood cells, pyridoxine is needed for hemoglobin synthesis, and regulates its oxygen affinity. Additionally, steroid hormone action is modulated by pyridoxine at the receptor level.

In the nervous system, pyridoxine is needed to synthesize several neurotransmitters, such as serotonin (from tryptophan), taurine, dopamine, norepinephrine, histamine, and gamma-aminobutyric acid (GABA). Many experimental and clinical observations support the fact that adequate amounts of dietary vitamin B6 are required to maintain normal nervous system function.

**INDICATIONS**

Pyridoxal-250 may be a useful dietary supplement for individuals wishing to increase their intake of vitamin B-6.

**FORMULA (#7957)**

Each Capsule Contains:

Vitamin B-6(Pyridoxine HCl) .....250mg

**SUGGESTED USE**

Adults take 1 capsule daily with meals or as directed by physician.

**SIDE EFFECTS**

No adverse side effects have been reported.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## Pyridoxine-250

### Vitamin B6

#### REFERENCES

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**For more information on Pyridoxine-250 visit [douglaslabs.com](http://douglaslabs.com)**

† 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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