

## **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

Ferrolli CE, Trumbo PR. Bioavailability of vitamin B-6 in young and older men. *Am J Clin Nutr* 1994;60:68-71.

Fuhr JE, Farrow A, Nelson HS Jr. Vitamin B6 levels in patients with carpal tunnel syndrome. *Arch Surg* 1989;124:1329-1330.

Head KA. Premenstrual syndrome: nutritional and alternative approaches. *Altern Med Rev* 1997;2:12-25.

Leklem JE. Vitamin B6:a status report. *J Nutr* 1990;120:1503-1507

McCarty MF. High-dose pyridoxine as an 'anti-stress' strategy. *Med Hypotheses* 2000;54:803-807.

Merrill AH Jr, Henderson JM. Vitamin B6 metabolism by human liver. *Ann N Y Acad Sci* 1990;585:110-117.

Oka T. Vitamin B6. *Nippon Rinsho* 1999;57:2199-2204. [Article in Japanese].

Rimm EB, Willett WC, Hu FB, et al. Folate and vitamin B6 from diet and supplements in relation to risk of coronary heart disease among women. *JAMA* 1998;279:359-364.

**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.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



**You trust Douglas Laboratories.  
Your patients trust you.**

© 2013 Douglas Laboratories. All Rights Reserved