



Vitamin B6 aktiviert P5P

Pyridoxal 5-phosphate (P5P), the active form of vitamin B6

Pyridoxal 5-phosphate (P5P) is the activated coenzyme form of the water-soluble vitamin B6, which is involved in a multitude of enzymatic reactions. Aside from essential functions in protein metabolism, it is also closely linked to the nervous system and normal psychological function. Furthermore, together with other vitamins it is also plays a role in homocysteine metabolism.

Over the past few years, homocysteine has been the topic of numerous studies concerning the cardiovascular system and nervous system and moreover, it is considered an important laboratory parameter. In human metabolism, homocysteine can be remethylated to the essential amino acid L-methionine and can be reused in the body. The prerequisite for this process is the presence of different micronutrients, among others, vitamin B6.

Biogena Vitamin B6 aktiviert P5P contains highly dosed pyridoxal 5-phosphate (P5P), the active form of vitamin B6 and thus offers a high-quality source for additional intake of this important micronutrient.

Vitamin B6 aktiviert P5P

- Contains the activated form of vitamin B6 (P5P, pyridoxal 5-phosphate) in high concentrations
- Vitamin B6 promotes normal functioning of the nervous system
- Vitamin B6 contributes to reducing tiredness and fatigue
- Vitamin B6 supports normal homocysteine metabolism
- Vitamin B6 supports normal psychological functions
- Vitamin B6 contributes to the regulation of hormonal activity

Possible applications:

- For the targeted supply of the activated form of vitamin B6 (P5P, pyridoxal-5-phosphate)
- To support the nervous system and mental functions
- As a nutritive contribution to the regulation of hormonal activity

Bioavailable micronutrients in pure form

- According to the pure substance principle
- Without colorants, flavorings and coatings
- Gluten-free
- Lactose-free
- Hypoallergenic
- Fructose-free
- Vegetable capsule shell
- 100 % vegan

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BIOGENA
WELCOME TO YOURSELF

INGREDIENTS per daily dose	1 Capsule	% NRV*
Pyridoxal 5-phosphate (P5P)	15 mg	-
<i>corresponds to vitamin B6</i>	<i>10 mg</i>	<i>714</i>

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Bulking agent: powdered cellulose, hydroxypropyl methyl cellulose (capsule shell), pyridoxal 5'-phosphate.

RECOMMENDED DOSAGE

1 capsule daily taken with a meal and plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC


PACKAGE SIZE AND CONTENT

120 capsules (pack for 4 months), 22 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Vcaps(R) Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 19.12.2023.



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