

Bio·B Matrix B6

A B-complex containing a high-dose vitamin B6 blend for improved hormonal detoxification and mood support.

Each capsule contains:

Vitamin C (ascorbic acid)	75mg
Vitamin B1 (thiamine HCl)	50mg
Vitamin B2 (riboflavin-5-phosphate)	30mg
Vitamin B3 (niacinimide)	85mg
Vitamin B5 (calcium d-pantothenate)	100mg
Vitamin B6 (pyridoxal-5-phosphate)	100mg
Vitamin B9 (L-5-methyltetrahydrofolate)	400mcg
Vitamin B12 (methylcobalamin)	300mcg
Biotin	100mcg
Choline (choline bitartrate)	60mg
Inositol	60mg

60 vegetable capsules

Vegan. Gluten, soy and dairy free.



B-vitamins are in constant demand within the body for enzymatic reactions. Their importance for optimal health is crucial, but they are commonly overlooked and their levels can be diminished in cases of poor dietary intake, chronic stress and regular medication use. Often a high-quality **B-vitamin** complex or specific individual **B-vitamins** are necessary to replete the system and restore optimal body function.

Although **B-vitamins** are classically considered for their ability to improve energy, mood and cognition, the list of benefits and indications is vast. For example, vitamins B6, B12 and Folate collectively help to reduce homocysteine, a toxic metabolite correlated with a greater risk of

cardiovascular events, osteoporosis, cognitive decline and other chronic diseases.

Vitamin B6 acts as a cofactor in the synthesis of serotonin, GABA and dopamine, as well as in hormonal detoxification pathways in the liver. This is thought to explain why **vitamin B6** as a standalone treatment has shown to be beneficial in treating premenstrual symptoms, premenstrual dysphoric disorder and nausea.

Vitamin B6 has also been studied as an effective solo therapy for carpal tunnel syndrome.

Like all vitamins, **vitamin B6** can be found in a number of supplemental forms. The most commonly used form is pyridoxine HCl. However, this form

Key points

- A comprehensive balance of B-vitamins in their metabolically active and highly bioavailable forms, including 100mg of vitamin B6 in its active pyridoxal-5-phosphate form
- Indicated for hormonal balancing and mood support, especially in cases of premenstrual syndrome and premenstrual dysphoric disorder
- Additional indications for carpal tunnel syndrome, hyperhomocysteinemia and nausea

is not yet biologically active until phosphorylated in the liver. **Pyridoxal-5-phosphate (P-5-P)** is the coenzyme form that is biologically active and immediately ready to be used within the nervous system after absorption from the digestive tract.

Bio-B Matrix B6 offers a complete blend of highly bioavailable and active **B-vitamins** with a significant amount

of **vitamin B6** per capsule. Each vegetable capsule of **Bio-B Matrix B6** contains 150mg of pyridoxine HCl and 60mg of pyridoxal-5-phosphate to support hormonal detoxification, mood, energy, stress and cognition. The lipotropic agents methionine, choline and inositol are added to support fat metabolism, liver and kidney function.

Related products

Bio-B Matrix HP
Bio-B Matrix LT
Cal-Mag+1000IU Vitamin D3 Liquid
DT-Matrix
Greens Matrix
I-3-C
Liposomal B12
Multi-Matrix
Multi-Matrix Powder
Rhodiola Rosea Extract
Women's Multi

Non-Medicinal Ingredients: Vegetable-grade stearate, microcrystalline cellulose.
Capsule: hypromellose

Indications: A factor in the maintenance of good health. Helps the body to metabolize carbohydrates, fats and proteins. Helps to prevent vitamin B6 deficiency.

Directions: Adults - Take 1 capsule per day or as directed by a healthcare professional

Warnings: Do not use if safety seal is broken.



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