

# B<sub>6</sub>-Niacinamide

## Supports Protein Metabolism, Cardiovascular Health, and Cellular Function

B<sub>6</sub>-Niacinamide provides the water-soluble vitamin, niacinamide, which is widely known for its preventive effects against pellagra, a neural-deficiency disease that is no longer found in the United States. Niacinamide is an essential part of the enzyme system of living cells. B<sub>6</sub>-Niacinamide also contains vitamin B<sub>6</sub>, which augments niacinamide function by playing an important role in the conversion of tryptophan to niacinamide. Vitamin B<sub>6</sub> participates in more cellular and nervous functions than almost any other nutrient. B<sub>6</sub>-Niacinamide also contains many nutrients found in mushrooms. Various mushrooms contain a diverse collection of nutrients and provide a variety of vitamins, minerals, proteins, and enzymes that support nutritional requirements for optimum health.†

## How B<sub>6</sub>-Niacinamide Keeps You Healthy

### *Maintains healthy protein metabolism*

Niacinamide functions as two important coenzymes that are essential to cell respiration, carbohydrate and protein metabolism, and lipid synthesis. These coenzymes combine with hydrogen atoms as they are removed from food. Once this occurs, these coenzymes continue transferring the atoms to other compounds, leading to the formation of new molecules. Vitamin B<sub>6</sub> is an essential nutrient for fat and protein absorption. Vitamin B<sub>6</sub> plays an important function in metabolizing unsaturated fatty acids to vitamin E.†

### *Supports cardiovascular and circulatory health*

Niacinamide works together with lecithin and vitamins E and C to promote and maintain a healthy blood and arterial system. To help keep blood healthy, vitamin B<sub>6</sub> promotes formation of red blood cells and supports normal hemoglobin levels. Vitamin B<sub>6</sub> inhibits the formation of homocysteine.†

### *Promotes healthy cellular function*

Niacinamide was first recognized for its significant effects in the prevention of pellagra, a neural-deficiency disease caused either by insufficient amounts of dietary niacinamide or tryptophan, or metabolic defects that compromise the conversion of tryptophan to niacinamide. Vitamin B<sub>6</sub> is required to synthesize nucleic acids RNA and DNA—the complex molecules that carry genetic instructions for normal cellular growth and reproduction. It also acts as a coenzyme alongside a variety of other enzymes that affect cell growth and division. Vitamin B<sub>6</sub> helps maintain the delicate water balance and sodium and potassium balance throughout the entire body, as well as helps in the production of hydrochloric acid. Mushrooms can provide a diverse collection of nutrients that may include proteins, lipids, carbohydrates, fiber, minerals (including calcium), vitamins B<sub>2</sub>, C, and D, and many different enzymes and essential amino acids.†

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Introduced in 1969

**GF**

**Content:**

90 tablets

330 tablets

**Suggested Use:** One tablet per day, or as directed.

**Supplement Facts:**

Serving Size: 1 tablet

Servings per Container: 90 or 330

	Amount per Serving	%DV
Calories	2	
Niacin	10 mg	50%
Vitamin B <sub>6</sub>	50 mg	2,500%

**Proprietary Blend:** 192 mg

Nutritional yeast, bovine liver, mushroom, and ascorbic acid.

Other Ingredients: Pyridoxine hydrochloride, honey, niacinamide, calcium stearate, and arabic gum.

**Sold through health care professionals.**



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# B<sub>6</sub>-Niacinamide

## What Makes B<sub>6</sub>-Niacinamide Unique

### Product Attributes

#### Combines vitamin B<sub>6</sub> and niacinamide

- › Creates a specific product containing the vitamin complexes and essential enzyme systems concerned with proper cellular respiration—vital for the appropriate functioning of the cardiovascular, digestive, endocrine, and central nervous systems†

#### Multiple nutrients from a variety of plant and animal sources

- › Bovine tissues provide nutrients and support to the corresponding tissues in humans
- › Vitamins, minerals, and nutrients from plants and animal tissues work synergistically for maximum effect†

### Manufacturing and Quality-Control Processes

#### Not disassociated into isolated components

The nutrients in B<sub>6</sub>-Niacinamide are processed to remain intact, complete nutritional compounds

#### Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

#### Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for B<sub>6</sub>-Niacinamide.

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