



Magnesium Plus™

This product provides pyridoxal 5'-phosphate (P-5-P), the active coenzyme form of vitamin B₆ that plays an important role in more than 100 different metabolic steps. Magnesium is also included in the formulation to assist vitamin B₆ metabolism.

Vitamin B₆ is a water-soluble vitamin necessary for many aspects of health including protein and amino acid metabolism, red blood cell formation, and synthesis of antibodies important for optimal immune responses. Vitamin B₆ also helps maintain normal brain function as it is required for the production of several important neurotransmitters such as serotonin, dopamine, norepinephrine, and gamma-aminobutyric acid (GABA). Major food sources of vitamin B₆ include whole grains, bananas, nuts, and meat.

- **Active, coenzyme form of B₆:** Pyridoxal 5'-Phosphate (P-5-P) is a body-ready form with metabolic benefits that may not be provided by other forms of vitamin B₆. Although pyridoxine hydrochloride is the most commonly used form of vitamin B₆ in dietary supplements, it must be converted to the active coenzyme form, P-5-P, to be useful. Nutritional inadequacies, certain medications, compromised liver function, and enzyme defects can reduce the body's ability to convert B₆ forms such as pyridoxine hydrochloride to P-5-P. In contrast, vitamin B₆ as P-5-P is already fully "active" and readily usable, as it does not require further transformation in the body.
- **Magnesium:** Magnesium is also an essential nutrient that is required as a cofactor in numerous enzymatic reactions. Metabolic functions such as amino acid metabolism and neurotransmitter production require both magnesium and P-5-P. These two nutrients are frequently found as cofactors for the same enzymes. Magnesium is supplied as an amino acid "chelated" form that provides highly absorbable magnesium. Binding magnesium with the amino acid glycine creates a natural compound that is efficiently absorbed and easy on the stomach. Unlike many forms of magnesium, this compound is well-tolerated without gastrointestinal side effects.

This dietary supplement can be used whenever a need for supplemental vitamin B₆ and magnesium exists. This product is free of common allergens including milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans.

Suggested Use: One capsule daily with food or as directed by a healthcare practitioner.

This product was made in a GMP and ISO 9001:2000 registered facility.

Supplement Facts		
Serving Size 1 Capsule • Servings Per Container 100		
Amount Per Capsule	% Daily Value	
Vitamin B ₆ (from 50 mg pyridoxal 5'-phosphate)	30 mg	1500%
Magnesium (as magnesium glycinate chelate**)	100 mg	25%

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water) and L-leucine.

**Albion Laboratories

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