

# Neuro B6

## DESCRIPTION:

The B vitamins and the minerals magnesium and potassium in **Neuro B<sub>6</sub>** are essential for healthy and proper functioning nerve tissue. These nutrients also help repair injured nerve tissue and facilitate nerve transmission.<sup>2,4,5,7,9</sup> It was stated in the New England Journal of Medicine that people with higher homocysteine levels had substantially increased blockages of their carotid arteries. Homocysteine is recognized as an important indicator for atherosclerosis.<sup>3,8,11,12</sup> Vitamins B<sub>12</sub> and folic acid convert homocysteine into the amino acid methionine and B<sub>6</sub> converts it into cysteine. These B vitamins lower homocysteine levels making it harmless. The nutrients in **Neuro B<sub>6</sub>** play a major role in helping the body deal with stress. Stressful times deplete B vitamins and magnesium causing deficiencies of these essential stress fighting nutrients leaving the body unprotected.

### 60 tablets per bottle

#### One tablet provides:

Thiamine (Vitamin B1)	10 mg
Riboflavin (Vitamin B2)	10 mg
Niacinamide	25 mg
Vitamin B-6 (as Pyridoxal-5-Phosphate/Pyridoxine HCl)	100 mg
Folic Acid	400 mg
Vitamin B-12 (as Resin Ion Carrier)	400 mg
Pantothenic Acid	50 mg
Magnesium (from Albion Amino Acid Chelate)	50 mg
Potassium (from Albion Amino Acid Complex)	50 mg
Adrenal	30 mg
Choline (from 50 mg Choline Bitartrate)	23.5 mg

Other ingredients: Cellulose, Vegetable Stearate and Silica.

## ACTIVES:

**Vitamin B<sub>6</sub>**- There are three forms of vitamin B<sub>6</sub>, Pyridoxal and Pyridoxamine are natural and Pyridoxine is synthetic. This co-enzyme form- B<sub>6</sub> Pyridoxal-5-Phosphate - is the form in which the body utilizes vitamin B<sub>6</sub>. Since no conversion is necessary of the B<sub>6</sub> in **Neuro B<sub>6</sub>** it is better absorbed, faster acting and lower dosages are required.

**Vitamin B<sub>12</sub>**- Resin Ion Carrier protects the B<sub>12</sub> from gastric acids and delivers it to the small intestine. In this alkaline medium, the resin releases Vitamin B<sub>12</sub>, therefore making it available for maximum absorption. A recent independent study has shown that ion resin provides nearly twice as much Vitamin B<sub>12</sub> absorption as any other oral form, including sublingual.

### Magnesium, Potassium and vitamin B<sub>6</sub>

1. Are necessary for proper heart rhythm.
2. Prevent muscle cramping.
3. Have a calming effect on the nervous system.
4. Controls the sodium: potassium pump releasing excess fluid, reducing edema and benefiting blood pressure.
5. Magnesium prevents the formation of oxalate kidney stones by controlling calcium metabolism.<sup>1</sup>

**B<sub>6</sub> and Magnesium** in high enough levels are important for the menstruating female because they negate the effects of excess estrogen such as: salt and fluid retention, breast stimulation, proliferation of the endometrium, depression, headaches, blood sugar control, cravings, blood clotting, increased body fat, and decreased libido.<sup>6,10</sup>

## CLINICAL INDICATIONS:

- *Neuralgia* • *Neuritis* • *Sciatica* • *Anxiety*
- *Cardiovascular Protection* • *Kidney Stones* • *PMS* • *Stress*
- *Reflex Sympathetic Dystrophy (RSD/CRPS)*
- *Peripheral Neuropathy*

## SUGGESTED USAGE:

Take 1-2 tablets daily with or without meals.

## CONTRAINDICATIONS: None Known

## DRUG INTERACTIONS: None Known

## REFERENCES:

1. Aybak M, Sermet A, Ayyildiz MO, Karakilic AZ. Effect of oral pyridoxine hydrochloride supplementation on arterial blood pressure in patients with essential hypertension. *Arzmittelorschung*. 1995; 45:1271-1273.
2. Bernstein AL, Dinesen JS. Brief communication: effect of pharmacologic doses of vitamin B6 on carpal tunnel syndrome, electroencephalographic results, and pain. *J Am Coll Nutr*. 1993; 12:73-76
3. Ellis JM, McCully KS. Prevention of myocardial infarction by vitamin B6. *Res Commun Mol Pathol Pharmacol*. 1995; 89:208-220
4. Franzblau A, Rock CL, Werner RA, et al. The relationship of vitamin B6 status to median nerve function and carpal tunnel syndrome among active industrial workers. *J Occup Environ Med*. 1996; 38:485-491.
5. Schaumburg H, Kaplan J, Windebank A, et al. Sensory neuropathy from pyridoxine abuse. *N Engl J Med*. 1983; 309:445-448.
6. Wyatt KM, Dimmock PW, Jones PW, Shaughn O'Brien PM. Efficacy of vitamin B6 in the treatment of premenstrual syndrome: systemic review. *Br Med J*. 1999; 318:1375-1381.
7. Carmel R, Gott PS, Waters CH, et al. The frequency of low cobalamin levels in dementia usually signify treatable metabolic, neurologic and electrophysiologic abnormalities. *Eur J Haematol*. 1995; 54:245-253. '.
8. Clarke R, Smith AD, Jobst KA, Refsum H, Sutton L, Ueland PM. Folate, vitamin B12, and serum total homocysteine levels in confirmed Alzheimer's disease. *Arch Neurol*. 1998; 55:1449-1455.
9. Scalabrino G, Tredici G, Buccellato FR, Manfredi A. Further evidence for the involvement of epidermal growth factor in the signaling pathway for vitamin B12 (cobalamin) in the rat central nervous system. *J Neuropathol Exp Neurol*. 2000;59:808-814.
10. Facchinetti F, Borella P, Sances G, et al. Oral magnesium successfully relieves premenstrual mood changes. *Obstet Gynecol*. 1991; 78:177-181.
11. Iseri LT, French JH. Magnesium: nature's physiologic calcium blocker. *Am Heart J*. 1984; 108:188-193.
12. Lim R, Herzog WR. Magnesium for cardiac patients: is it a valuable treatment supplement? *Contemp Int Med*. 1998; 10:6-9.

*Distributed by:*