Essential P-5-P
(Pyridoxal-5-Phosphate)
Coenzymated B-6

P-5-P is a biologically active form of Vitamin B6. Vitamin B6 helps metabolize lipids, carbohydrates, and proteins into energy. SUPPORTS NERVOUS SYSTEM HEALTH. Also supports the function and growth of Red Blood Cells.*

QUICK FACTS
• Research shows that P-5-P is a critical component of energy metabolism within the cell. As a result of this function, P-5-P may be able to help you improve your overall physical energy.
• P-5-P may also benefit an increase in mental energy. This is partly due to P-5-P’s ability to improve communication between neurons within the brain.
• In addition to increased mental energy, P-5-P may also benefit in the formation of memories. The benefit derives from the neurotransmitter properties seen in P-5-P, but pyridoxal-5-Phosphate also has neuro-protection capabilities. It likely plays a role in improving overall brain health.

OTHER INFO
These benefits show that Essential P-5-P is a nutrient people should be sure to include in their diet. Essential P-5-P may be a way to help the body and brain function smoothly. The advantages that could come from Essential P-5-P means it is certainly a nutrient that should not be overlooked. Even if you’re looking to just be more focused or get some more motivation, Essential P-5-P may prove effective in reaching that goal.

Essential P-5-P
WHY THIS SUPPLEMENT?
Your doctor has placed you in good hands. Optimal Health Systems cares about patients, too, which is why we create supplements that contain nutrients ONLY from whole foods. Because of this, you won’t have the same concerns as with synthetics. They are lab-tested and have a wealth of evidence to back our claims, along with patents.

WHAT SETS US APART?
There are plenty of whole food supplements out there, but only Optimal Health Systems takes it a step further with its pre-digestion process we call Opti-Blend™. It utilizes a combination of 10 kosher-certified, non-GMO enzymes, and patented organic minerals to pre-digest every nutrient before encapsulating. Opti-Blend™ ensures delivery at the cellular level and up to a 300% increase in absorption.

Supplement Facts
Serving Size: 1 Vegetable Capsule
Amount Per Serving % Daily Value
P-5-P (from pyridoxal-5-phosphate) (coenzymated vitamin B-6) 40 mg 2,353%
Proprietary Whole Food Cultured Media Blend 5 mg **
Rice Complex, Yeast
Organic Vegetable Blend: Pea, Oat Bran, Red Pepper, Carrot, Broccoli, Cucumber, Beet, Okra, Wild Yam.

**Daily value not established.

Other Ingredients: Rice Complex, Oryza Sativa, Plant Based Magnesium Stearate, Vegetable Capsule (plant cellulose and water).
SUGGESTED USE: As a dietary supplement, take one capsule daily or as directed by a health care provider.

60 CAPSULES

This product distributed by:

Optimal Health Systems
Where Health Comes Naturally
OptimalHealthSystems.com – 800-890-4547

*Statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.