



# P-5-P & Mag™

## Bio-Active Vitamin B6 with Magnesium & Zinc

**Pyridoxal-5-Phosphate (P-5-P)** is the active form of Vitamin B6. Unlike other forms, it does not require conversion by the liver. P-5-P, along with chelated magnesium and zinc:

- Provides significant support for cardiovascular health
- Aids tendon, ligament and cartilage function
- Supports protein metabolism and muscle growth
- Enhances serotonin and dopamine formation
- Supports nervous system function in children and adults\*

**Recommendations:** 1 capsule with food, may be taken up to 4 times daily, 6-12 year olds, 1 per day, or as recommended by your healthcare practitioner. If pregnant or nursing, consult a healthcare practitioner before using.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

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# P-5-P & Mag™

## Bio-Active Vitamin B6 with Magnesium & Zinc

60 Capsules  
DIETARY SUPPLEMENT

**SUPPLEMENT FACTS**  
Serving Size: 1 Capsule  
Servings Per Container: 60

Amount Per 1 Capsule (Veg):	%DV
Vitamin B6 (as pyridoxal-5-phosphate)	10 mg 500%
Magnesium (from magnesium glycinate chelate)	100 mg 25%
Zinc (from zinc glycinate chelate)	5 mg 33%

**Other Ingredients:** hydroxypropyl methylcellulose (vegetable cellulose capsules), cellulose powder, vegetable source magnesium stearate, silicon dioxide.

**No** sugar, salt, yeast, wheat, gluten, corn, soy, dairy products, artificial coloring, artificial flavoring, or artificial preservatives.

Manufactured exclusively for:  
**EuroMedica** 955 Challenger Drive Green Bay, WI 54311  
866-842-7256 EuroMedicaUSA.com

**P-5-P & Mag™** provides the *active* form of Vitamin B6 – pyridoxal-5-phosphate – making it unlike other forms of the vitamin. That’s because P-5-P does *not* require conversion by the liver, bypassing that step which otherwise limits the value of B6 for many people. Additionally, **P-5-P & Mag™** supplies chelated magnesium (glycinate) and zinc which helps make P-5-P even more beneficial.

This formula is ideal for healthy joint support, supporting mood and relieving stress, promoting healthy fluid balance, and more.\*

### Support for Many Aspects of Health!

- Provides significant support for cardiovascular health
- Aids tendon, ligament and cartilage function
- Supports protein metabolism and muscle growth
- Enhances serotonin and dopamine formation
- Supports nervous system function in children and adults\*

### Three Ingredients that Make a Big Difference

- **Vitamin B6 (as pyridoxal-5-phosphate – P-5-P):** Pyridoxal-5-phosphate is found in the body and is a factor in serotonin production, as well as mood and nervous system function. Randomized, double-blind, placebo controlled clinical studies have also shown that vitamin B6 can help relieve stress associated with premenstrual syndrome. It strongly supports healthy muscle function – especially for individuals working in tasks requiring repetitive movement.\*
- **Magnesium (from magnesium glycinate chelate):** Magnesium supports the production of energy in the body at a cellular level. It also supports thyroid health and hormone production, bone metabolism, and healthy blood pressure levels already within normal limits.\* Magnesium in its chelated form is highly absorbable and aids in the body’s use of pyridoxal-5-phosphate as well.
- **Zinc (from zinc glycinate chelate):** Zinc is an essential mineral that works synergistically with P-5-P and magnesium. It supports optimal health in many ways, including: immune system function, muscle recovery, cellular repair, and red blood cell production.\*

To view all our products go to: **EuroMedicaUSA.com**

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## Frequently Asked Questions for P-5-P & Mag™:

### Q. I've heard that magnesium can cause diarrhea. What makes this one different?

A. Like all supplemental ingredients, absorption is the key. Because magnesium glycinate chelate is more easily absorbed and used by the body, less remains unabsorbed in the intestines. Magnesium attracts water, so if it is not well-absorbed, it can cause loose stools. Because magnesium glycinate is so well-absorbed, this is not a problem.

### Q. Can P-5-P & Mag™ help with PMS?

A. Absolutely. Not only has P-5-P been shown to reduce premenstrual tension, it relieves water retention and bloating.

### What to pair with P-5-P & Mag™:

- **Curaphen®** – *Professional Pain† Formula* – A blend of high-absorption BCM-95® Curcumin, BosPure® Boswellia, DL-phenylalanine, and nattokinase for powerful benefits.\*
- **EurOmega-3®** – Provides bioidentical Omega-3 exclusively from salmon with DHA/EPA in a biologically active, phospholipid form, ensuring absorption and improved stability.\*

† Occasional muscle pain due to exercise or overuse