

## Vitamin B6

Like other B vitamins, Vitamin B6 is needed for various metabolic functions and in the release of energy from food. It is also involved in the production of antibodies, helping to maintain a healthy immune system.

### Benefits:

- Needed for various metabolic functions and in the release of energy from food.
- Involved in the production of antibodies helping to maintain a healthy immune system.
- Also important in the nervous system, brain function and to aid premenstrual symptoms.
- It is required for the production of the brain neurotransmitter serotonin that controls mood, behaviour and sleep patterns. Buy Vitamin B6 from one of our approved suppliers online now!