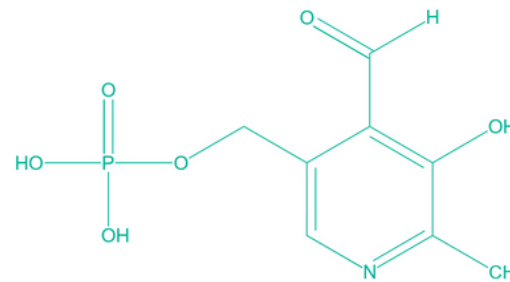


Pyridoxal-5-phosphate

CAS No. 853645-22-4, 41468-25-1



Pyridoxal-5-phosphate (P5P) is the active form of vitamin B6, which is a water-soluble vitamin that is essential for human health. P5P plays a crucial role in many biochemical reactions in the body, particularly in the metabolism of amino acids, carbohydrates, and lipids.

P5P serves as a coenzyme in neurotransmitter biosynthesis, such as serotonin, dopamine, and norepinephrine, and is also necessary to produce hemoglobin, a protein found in red blood cells that carries oxygen throughout the body.

Due to its many important functions in the body, pyridoxal-5-phosphate is often referred to as a "super nutrient".

It is found in a variety of foods, including meat, fish, poultry, whole grains, and some fruits and vegetables.

Benefits and Applications

Benefits

Pyridoxal-5-phosphate (P5P) has been shown to help:

- ✓ reduce inflammation in the body,
- ✓ keep the digestive and nervous system healthy,
- ✓ reduce histamine intolerance,
- ✓ improve sleep and normalize sleep-wake cycles,
- ✓ improve mood and reduce symptoms of depression and anxiety,
- ✓ support weight loss efforts,
- ✓ reduce pain,
- ✓ reduce cancer risk,
- ✓ lower risk of cardiovascular diseases,
- ✓ treat a genetic form of anemia,
- ✓ balance blood sugar,
- ✓ strengthen bones and boosts skin health.

Applications

Pyridoxal-5-phosphate (P5P) has a variety of applications in the fields of health, nutrition, and research. It is commonly used as a dietary supplement to treat vitamin B6 deficiencies and to support overall health and wellness.

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