



# Magnesium + P-5-P

BioActive Vitamin B6 with Magnesium & Zinc

**Magnesium + P-5-P supports healthy:**

- Heart and nervous system function
- Relief of occasional muscle cramps
- Tendon, ligament, and cartilage function
- Mood and emotional well-being\*

**Recommendations: Adults:** 1 capsule, may be taken up to 4 times daily.  
**Children (6 years old and up):** 1 capsule per day, or as recommended by your healthcare practitioner.  
 If pregnant or nursing, consult a healthcare practitioner before use.

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\*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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## Magnesium + P-5-P

**BioActive 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 588%
Magnesium (from magnesium bisglycinate chelate)	100 mg 24%
Zinc (from TRAACS™ zinc bisglycinate chelate)	5 mg 45%

**Other Ingredients:** hydroxypropyl methylcellulose (vegetable cellulose capsules), cellulose powder, vegetable source magnesium stearate, silica, citric acid.  
**No** sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial coloring, artificial flavoring, or artificial preservatives.

Manufactured by a cGMP compliant facility exclusively for:  
**EuroMedica** 955 Challenger Drive Green Bay, WI 54311  
 866-842-7256 euromedicausa.com

**Heart and nervous system function**

**Relief of occasional muscle cramps**

**Tendon, ligament, and cartilage function**

**Mood and emotional well-being\***

**Superior Absorption**

Magnesium is one of the most critical minerals for overall health. However, finding the right magnesium—one that absorbs well, is backed by synergistic nutrients, and is easy on the stomach—may seem like a challenge.

Magnesium + P-5-P is the right choice. This bisglycinate chelate form of magnesium delivers the benefits you’re looking for along with the supportive P-5-P form of vitamin B6 and a chelated zinc.

**Magnesium + P-5-P and Zinc: Three Incredible Ingredients!**

**Magnesium** (from magnesium bisglycinate chelate): Magnesium seems like a common mineral, but it might not be as abundant at effective levels through diet alone. Farming practices, mineral depletion in the soil, and inadequate intake from food means that this critical nutrient could be in short supply. But magnesium is crucial: among its many talents, it supports the production of energy in the body at a cellular

level, plus thyroid health and healthy hormone production, bone metabolism, and healthy blood pressure levels already within normal limits.\*

**Pyridoxal-5-phosphate (P-5-P)** is the active form of vitamin B6. Unlike other forms of this vitamin, it does not require conversion by the liver. P-5-P is the form found naturally 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.\*

**Zinc** (from zinc bisglycinate 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](http://euromedicausa.com)

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## Frequently Asked Questions for Magnesium + P-5-P

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

A. Like all supplemental ingredients, absorption is the key. Because the magnesium bisglycinate chelate in Magnesium + P-5-P 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 bisglycinate is so well-absorbed, this is not a problem.

### Q. Can Magnesium + P-5-P help with PMS?

A. Absolutely. Because it delivers the bioactive form of vitamin B6, it may help relieve water retention and bloating associated with PMS as well as premenstrual tension.\*

## What to Pair with Magnesium + P-5-P

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### Curaphen®

*Professional Pain<sup>†</sup> Formula* – Combines clinically proven, enhanced absorption curcumin and boswellia with DLPA and nattokinase to provide relief of occasional muscle pain due to exercise or overuse.\*

### EurOmega-3®

Provides bioidentical Omega-3 exclusively from salmon with DHA/EPA in a biologically active, phospholipid form, ensuring absorption and improved stability.

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Simply hold your smartphone camera over the code to learn more.

<sup>†</sup>Occasional muscle pain due to exercise or overuse

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