

Essential P-5-P

Why This Supplement?



Essential P-5-P addresses the decline in vitamin B6 conversion, crucial for liver function, celiac disease prevention, aging well, and benefiting autism. This biologically active P-5-P form supports cognitive function, energy metabolism, and overall well-being.

What Sets Us Apart?

Just like your Health Professional, Optimal Health Systems cares about patients, which is why we exclusively create supplements with nutrients derived from whole foods—not cheap, synthetic alternatives. Rest easy, knowing you're getting the best nutrition possible.

The Results!

Taking Essential P-5-P activates enzymes, aiding in the conversion of essential amino acids, and supports metabolism for increased energy. It promotes brain and kidney health, preventing deficiencies that can lead to depression, fatigue, irritability, and weakness. Beyond cognitive function, it supports kidney health, energy levels, and prevents deficiencies that impact mental and physical well-being.

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Quick Facts!

• **Enzyme Activation:** Essential P-5-P stimulates enzyme activity, essential for building, breaking down, and transforming amino acids, crucial for bodily functions.

• **Metabolic Boost:** This formula aids in the metabolism of lipids, carbohydrates, and proteins, providing a sustainable energy source for the body.



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Dosing

Take 1 capsule daily, or as directed.

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 Yeast, Pea Protein	5 mg	**
Organic Fruit & Vegetable Blend: Wild Blueberry, Apple, Raspberry, Strawberry, Oat Bran, Cranberry, Grape, Orange, Raspberry Seed, Red Pepper, Carrot, Blackberry, Bilberry, Tart Cherry, Cinnamon, Broccoli, Cucumber, Pomegranate, Beet, Black Currant, Okra, Wild Yam.		
Probiotics: L. Plantarum, Lactobacillus Acidophilus DDS-1™, Bacillus Coagulans, Lactobacillus Bulgaricus, Bifidobacterium Bifidum, Lactobacillus Salivarius, Lactococcus Lactis, Streptococcus Thermophilus, Bifidobacterium Lactis.		
Plant Enzymes: Amylase, Protease Blend, Peptizyme, Lipase, Invertase, Cellulase, Lactase, Maltase, Phytase.		

**Daily value not established.

Other Ingredients: Rice Flour (Oryza Sativa), Hypromellose (Capsule), Rice Hull Concentrate (Oryza Sativa), Plant Based Magnesium Stearate, Silicon Dioxide.

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

For full details and latest supplement facts, visit:
www.ohs4life.com/p5p

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