Pyridoxine Alpha-Ketoglutarate

DESCRIPTION
Pyridoxine Alpha-Ketoglutarate tablets, provided by Douglas Laboratories®, contain a combination of pyridoxine (vitamin B₆) and alpha-ketoglutaric acid.

FUNCTIONS
Alpha-Ketoglutarate is a Krebs cycle (citric acid cycle) intermediate and a precursor of glutamine in muscle. During stress and after intense anaerobic exercise, muscle needs for the amino acid glutamine and its precursor alpha-ketoglutarate can be greatly increased. The transamination reaction that converts alpha-ketoglutarate into glutamine and back is dependent on pyridoxine. Pyridoxine (vitamin B₆) is involved in the metabolism of amino acids and other nitrogen compounds. In the liver, pyridoxine is essential for glucose production from amino acids via its role as coenzyme for the transaminase enzymes. Pyridoxine is also needed by the liver and muscles to make stored glycogen available for glucose production, and to synthesize niacin from the amino acid tryptophan. In red blood cells, pyridoxine is needed for hemoglobin synthesis, and regulates its oxygen affinity. Additionally, steroid hormone action is modulated by pyridoxine at the receptor level. In the nervous system, pyridoxine is needed to synthesize several neurotransmitters, such as serotonin (from tryptophan), taurine, dopamine, norepinephrine, histamine, and gamma-aminobutyric acid (GABA). Many experimental and clinical observations support the fact that adequate amounts of dietary vitamin B₆ are required to maintain normal nervous system function.

INDICATIONS
Pyridoxine Alpha-Ketoglutarate tablets may be a useful nutritional adjunct for individuals, such as athletes, who wish to increase their intake of vitamin B₆ and support muscle function with alpha-ketoglutarate.

FORMULA (PAK)
Each tablet contains:
Alpha-Ketoglutaric Acid ................................ 300 mg
Vitamin B₆ (pyridoxine) ................................ 5 mg

SUGGESTED USE
One tablet three times daily, or as directed by physician.

SIDE EFFECTS
No adverse effects have been reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

(continued on reverse)
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.

Manufactured by
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