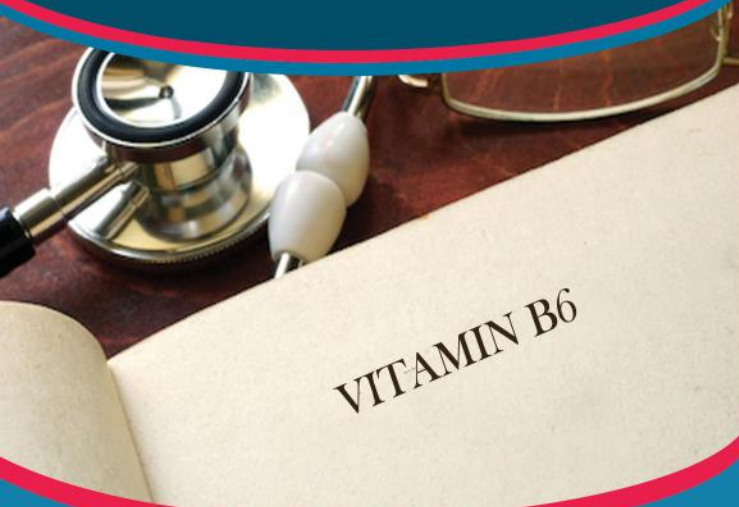




Vitamin B6



Taking too much can cause:

- ▶ Gastrointestinal symptoms
 - ▶ Sun sensitivity
 - ▶ Numbness
- ▶ A lack of muscle control or coordination
 - ▶ Lesions
- ▶ A hard time sensing pain or extreme temperatures

▶ Food Sources Of Vitamin B6 ◀

In the non-plant category, we have one excellent source of B6 in tuna and several excellent sources in beef, chicken, and salmon. Moreover, if we continue into the excellent category, we pick up shrimp and cod as well. Some, but not all, fruits are vital sources of vitamin B6. Bananas, pineapples, and avocados are all good to excellent sources of this nutrient.

▶ Vitamin B6 Deficiency ◀

Although a deficiency is not common, studies have linked a vitamin B6 deficiency with an increased risk for a range of different disorders and symptoms. Some of the critical vitamin B6 deficiency symptoms in adults can include:

- ▶ Changes in mood
 - ▶ Confusion
 - ▶ Muscle pains
 - ▶ Mouth sores
- ▶ Low energy or fatigue



- ▶ Worsening of PMS symptoms
- ▶ Worsening symptoms of anemia

Vitamin B6 deficiency is sometimes associated with neuropsychiatric disorders, including seizures, migraines, chronic pain, and mood disorders like depression.

▶ Vitamin B6 Supplements ◀

Those who are more likely to have low levels of B6 include:

- ▶ People who drink excess alcohol
 - ▶ People with obesity
- ▶ People who are pregnant or breastfeeding

There is no evidence of any adverse effects from consuming too much vitamin B6 in food.

However, evidence has shown that taking between 1 and 6 grams of oral pyridoxine a day for 12 to 40 months may be linked with severe, progressive sensory neuropathy and a loss of control of body movement.



Vitamin B6

B6


Vitamin B6

▶ Vitamin B6 ◀

Vitamin B6, or pyridoxine, is a water-soluble vitamin found naturally in many foods and added to foods and supplements. Pyridoxal 5' phosphate (PLP) is the active coenzyme form and most common measure of B6 blood levels in the body. PLP is a coenzyme that assists more than 100 enzymes to perform various functions, including the breakdown of proteins, carbohydrates, and fats; maintaining normal levels of homocysteine (since high levels can cause heart problems); and supporting immune function and brain health. Vitamin B6 is frequently used in combination with other B vitamins in vitamin B complex products.

▶ Health Benefits Of Vitamin B6 ◀

- ▶ Nervous system function.
- ▶ A more robust immune system.



▶ **Better circulation:** High levels of homocysteine in the bloodstream can lead to heart problems. Vitamin B6 helps maintain an average amount of this amino acid in the blood.

▶ **Less morning sickness:** Taking vitamin B6 may help ease nausea during pregnancy, though it does not help with vomiting.



▶ **Better mood:** The body needs vitamin B6 to make serotonin, a hormone that elevates the mood.

▶ Help with PMS.

▶ **Help cancer:** Chronic inflammation that underlies most cancers may enhance vitamin B6 degradation. Also, because PLP is required for the methionine cycle, homocysteine catabolism, and thymidylate synthesis, low vitamin B6 status might affect these pathways and potentially increase the risk for chronic conditions.

▶ Vitamin B6 Toxicity ◀

Taking vitamin B6 as a supplement is generally considered safe, as long as taking the recommended dosage. Adults should not take more than 100 milligrams of a vitamin B6 supplement per day.