



Vitamin B6 - Pyridoxine	
Description	A water soluble vitamin and member of the B-Complex group.
Function	Vitamin B6 is important in protein metabolism and the function of a number of enzymes in the body. Promotes healthy skin, is essential for maintaining a healthy nervous system and also for the formation of haemoglobin in red blood cells and antibodies that help fight infection. Often used to supplement diet in the pre-menstrual part of the cycle.
Human Requirements	EU RDA: 2mg
Dietary Intake¹	In the UK, the average adult daily diet provides: for men, 2.9 mg; for women, 2.0 mg.
Food Sources	Wholemeal bread, meat (especially liver and pork), fish, bananas, wheat bran and fortified breakfast cereals.
Deficiency Symptoms	Anaemia; dry, cracked lips; red and inflamed tongue; sensation of burning skin. Advanced deficiency may produce weakness, irritability, depression, dizziness, peripheral neuropathy and seizures; diarrhoea, anaemia and seizures are particular characteristics of deficiency in infants and children ¹ .
Precautions / Contra-Indications	Safe Upper Level ² : 10mg
Pregnancy & Breastfeeding	No problems reported with normal intakes.
Adverse Effects	Peripheral neuropathy, unsteady gait, numbness and tingling in feet and hands, loss of limb reflexes, impaired or absent tendon reflexes, photosensitivity on exposure to sun, dizziness, nausea, breast tenderness, and exacerbation of acne. Adverse effects usually occur with large doses only.
Interactions¹	Oral contraceptives may increase requirement for vitamin B6. Adequate amounts of all B vitamins are required for optimal functioning; deficiency or excess of one B vitamin may lead to abnormalities in the metabolism of another. Deficiency of vitamin B6 may lead to vitamin C deficiency.
References	<ol style="list-style-type: none"> 1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001. 2. Expert Group on Vitamins and Minerals, 2003.