



Vitamin B6

What is it?

Vitamin B6 is pyridoxine. Because of its utility with keeping the skin healthy, it has been called the antidermatitis factor.

Why do I need it?

Vitamin B6 is involved in over 100 enzymatic reactions. Amino acids require B6 for synthesis. They are virtually a part of the creation of all cells. The ability of our body to process carbohydrates into energy depends on B6. Many of the brain's neurotransmitters rely on B6 for their production. Those include serotonin, melatonin, epinephrine, norepinephrine, and GABA. It is essential in removing sulfur groups from some molecules aiding in hormonal balance and toxic elimination. In its role in doing the same for methyl groups, it helps to keep the levels of homocysteine in range and it is instrumental in turning some genes on and off.

Deficiencies of B6 manifest as eczematous disorders. B6 is also critical in maintaining healthy red blood cells. Severe deficiencies may result in seizures. Vitamin B6 is critical in the absorption of B12 and along with the other B vitamins, it is critical as a part of our body's basic metabolism.

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Where do I find it?

The best sources of Vitamin B6 are greens.

Broccoli (1 cup)	0.22 mg.
Banana, one	0.68 mg.
Tuna, yellowfin 4 oz.	1.18 mg.
Tomato, one ripe	0.14 mg.
Potato, Baked with skin	0.42 mg.
Turkey breast, 4 oz.	0.54 mg.

How much do I need?

Adult males: 1.7 mg. daily

Adult females: 1.5 mg. daily

Lactating females: 2.0 mg. daily

You need only very tiny amounts of these nutrients, but vitamins are absolutely essential for your health.

