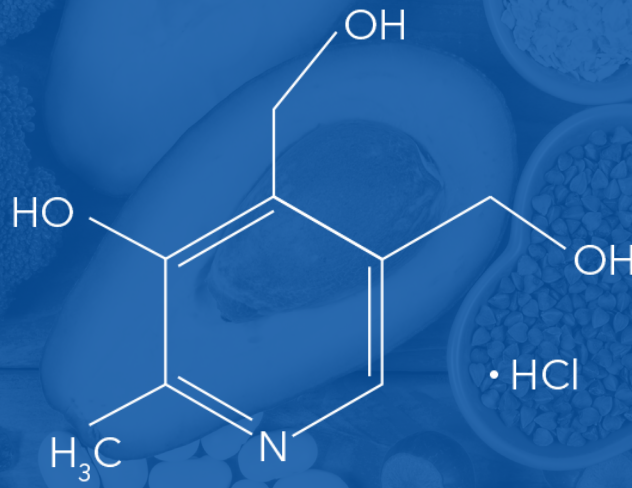


Vitamin B6



Vitamin B6 (PYRIDOXINE) is one of the B group water-soluble vitamins and an essential nutrient. It is reported as pyridoxine hydrochloride, determined by HPLC with FLD detection.

Pyridoxine hydrochloride



Functions/Health effect:

Vitamin B6 is needed for the proper function of sugars, fats and proteins in the body, and creation of red blood cells and neurotransmitters. It's also necessary for the development of the brain, nerves, skin, and other parts of the body. Several studies have suggested vitamin B6 may improve mood, reduce depression symptoms, and even promote brain health, reduce Alzheimer's risk or prevent cancer.

Sources:

Beef, pork, poultry, and fish are generally good sources; dairy, eggs, mollusks, and crustaceans also contain vitamin B6, but at lower levels. There is enough in a wide variety of plant foods so that a vegetarian or vegan diet does not put consumers at risk for deficiency.

Plant foods lose less vitamin B6 during cooking, storage and processing, as they contain the pyridoxine form, which is more stable than the pyridoxal or pyridoxamine forms found in animal-sourced foods. For example, milk can lose 30-70% of its vitamin B6 content when dried.

Vitamin B6 is available in multivitamins, in supplements containing other B complex vitamins, and as a stand-alone supplement.

Did you know that?

Plants synthesize pyridoxine as a means of protection from the ultraviolet-B radiation of sunlight and to participate in synthesis of chlorophyll. Animals cannot synthesize any form of the vitamin, and hence must obtain it via diet.

Research has indicated that high doses of vitamin B6 may be effective at decreasing anxiety and other mood issues associated with PMS (premenstrual syndrome) due to its role in creating neurotransmitters that regulate mood. Vitamin B6 in supplement form also shows promising results in the treatment of pregnancy-induced nausea, known as "morning sickness", but such use should only occur under the supervision of a physician.

In 2010, the European Food Safety Authority (EFSA) published a review of proposed health claims for vitamin B6, disallowing claims for bone, teeth, hair skin and nails, and allowing claims that the vitamin provided for normal homocysteine metabolism, normal energy-yielding metabolism, normal psychological function, reduced tiredness and fatigue, and provided for normal cysteine synthesis.

Food
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