

B 6 PYRIDOXINE%0A

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[Pyridoxine \(Vitamin B6\): Uses, Side Effects, Interactions ...](#)

Pyridoxine is required for the proper function of sugars, fats, and proteins in the body. It is also required for the proper growth and development of the brain, nerves, skin, and many other parts.

[Vitamin B6 \(Pyridoxine\) - Side Effects, Dosage ...](#)

Pyridoxine, or vitamin B6, is one of eight B vitamins. It helps the body convert food into fuel, metabolize fats and proteins, maintain proper functioning of nerves, and produce red blood cells.

[Pyridoxine \(Vitamin B6\) Oral : Uses, Side Effects ...](#)

Uses. Pyridoxine is used to prevent or treat low levels of vitamin B6 in people who do not get enough of the vitamin from their diets. Most people who eat a normal diet do not need extra vitamin B6.

[Vitamin B6 - Wikipedia](#)

Harris and Folkers in 1939 determined the structure of pyridoxine, and, in 1945, Snell was able to show the two forms of vitamin B 6, pyridoxal and pyridoxamine.

Vitamin B 6 was named pyridoxine to indicate its structural homology to pyridine.

[Vitamin B 6 \(Pyridoxine\) - Natural Health Techniques Cautions & Comments about Vitamin B 6 \(Pyridoxine\)](#)

Should be taken as part of a B-complex supplement and in equal amounts with B-1 and B-2. Antidepressants, estrogen therapy, oral contraceptives, alcohol, and penicillin may increase the need for Vitamin B-6.

[12 Impressive Benefits of Vitamin B6 \(Pyridoxine\) ...](#)

Vitamin B6 or Pyridoxine has innumerable benefits, these benefits includes supporting a healthier skin, detoxifying the liver, enhancing the health of blood vessels, improving cognitive function, relieving mood swings, supporting eye health, and relieving the symptoms of rheumatoid arthritis.

[Vitamin B-6 - Mayo Clinic](#)

Vitamin B-6 (pyridoxine) is important for normal brain development and for keeping the nervous system and immune system healthy. Food sources of vitamin B-6 include poultry, fish, potatoes, chickpeas and bananas. Vitamin B-6 can also be taken as a supplement, typically as an oral capsule, tablet or

[Top 10 Vitamin B6 Foods, Benefits + Vitamin B6 Recipes ...](#)

Vitamin B6 is a water-soluble vitamin that plays a role in over 100 different reactions in the body, which is why you want to get vitamin B6 foods in your diet. This vitamin is needed to help make amino acids, the building blocks of proteins and hundreds of cellular functions. It can also be

used to make niacin (vitamin B3) from the amino acid tryptophan.

[The Recommended Vitamin B6 Dosage | Livestrong.com](#)

Vitamin B-6 is a water-soluble vitamin that must be obtained through dietary sources, according to the Linus Pauling Institute. Recommendations are made for vitamin B-6 and other vitamins to ensure adequate intake. Seek a registered dietitian for the best food sources that contain adequate amounts of vitamin B-6.