

Vitamin B6

Pyridoxine the name vitamin B₆ comprises a group of compounds (pyridoxine, pyridoxamine, pyridoxal and phosphate). Itcoenzyme for more than 50 enzymatic reactions - decarboxylase and transaminases, synthesis of acid nicotine and arachidonic acid , affects the function of the nervous system, immune reactions and synthesis of haemoglobin.

Source

It is abundant in food. The daily recommended dose for adults: 13-17 mg

Deficit

Deficiency with normal eating habits does not occur; manifested skin and mucosal changes that occur rhagades corners, peripheral neuropathy .

Surplus

Excess of food does not occur. After a prolonged intake of 50-500 mg have been reported sensory neuropathy.

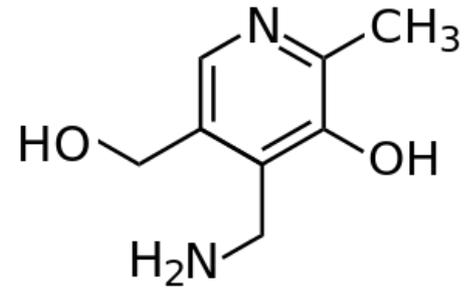
Links

Related articles

- Fat Soluble Vitamins
- Water Soluble Vitamins

Bibliography

- BENCKO, Vladimir, et al. *Hygiene and epidemiology : selected chapters*. 2. edition. Prague. 2008. ISBN 80-246-0793-X.



Vitamin B6 structure