

Interesting and Useful Vitamin B6 Information

First recognized in the 1930's, vitamin B6 is a water-soluble vitamin of which six forms exist:

Pyridoxine (PN)
Pyridoxamine (PM)
Pyridoxal (PL)
Pyridoxine 5-phosphate (PNP)
Pyridoxamine 5-phosphate (PMP)
Pyridoxal 5-phosphate (PLP)

Of all these varieties by far the most numerous B6 vitamin in people is PLP, since this form has a commonly used co-enzyme function in our various bodily metabolic reactions.

B6 is an essential vitamin that we are unable to create or store in any great quantities in our bodies. Roughly 100 enzymes require this vitamin to be present to then enable the catalyzing of various important biochemical reactions.

Nerve functions, red blood cell creation and functioning, synthesis of nucleic acids, formation of niacin and nucleic acid production are all able to take place due to the presence of one or more forms of vitamin B6 in our diets.

Deficiency is fairly rare, alcoholics being at most risk due to lowered ingestion rates and poor B6 metabolism. Deficiency shows up as unusual patterns of brain activity detectable with electroencephalograms (EEG), depression, irritability and confusion, skin and mouth sores and ulcers, and tongue inflammations.

Up to the age of 8 boys and girls have the same recommended daily allowances of vitamin B6:

0-6 months = 0.1 (AI)
7-12 months = 0.3 (AI)
1-3 years = 0.5
4-8 years = 0.6

From the age of 9 there are slight differences (mg/day):

Males:

9-13 years = 1.0 (AI)
14-18 years = 1.3 (AI)
19-50 years = 1.3
51+ years = 1.7

Females:

9-13 years = 1.0 (AI)
14-18 years = 1.2 (AI)
19-50 years = 1.3
51+ years = 1.5
Pregnancy = 1.9
Breastfeeding = 2.0

Reduced nutrition and B6 vitamin ingestion, especially in the aged, has been linked with poorly functioning immune systems. Lymphocytes and an important immune system protein termed interleukin-2 are both produced less as a result of B6 vitamin deficiency.

Cardiovascular disease can be prevented with the right mix of vitamins in your diet, one needing to be vitamin B6, which helps to lower homocysteine,

the main cardiovascular disease causing compound.

Alzheimer's and general cognitive functioning of our minds has been seen to get reduced with overall reduced vitamin intake including vitamins like B6.

Sensory neuropathy, a form of nerve pain, can develop in people who's diets contain too high a level of B6 vitamin. Outer parts of our anatomy, e.g. our feet and hands, have been seen to painful and numb, sometimes making normal every day limb movement difficult.

Research, scant at present, suggests the possibility that lowered vitamin B6 can help lead to the formation of kidney stones, namely in women. A greater degree of investigation is still require to fully validate this theory.

If your doctor believes you may have a vitamin deficiency all you will need to do to rectify the situation is take vitamin supplements before meals, typically daily.

Source: <http://www.articlecircle.com>

About the Author

B vitamins are a comparatively large group of important vitamins. For more information go to <http://www.vitaminsupplementguide.com/Are-You-At-Risk-For-Vitamin-B-Deficiency.php> .