

# VITAMIN B<sub>6</sub> (PYRIDOXINE)



Oregon State University  
Linus Pauling Institute

## MAIN FUNCTIONS

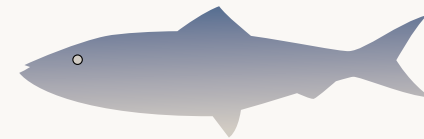
- Helps convert food into energy
- Helps make red blood cells
- Helps maintain normal levels of homocysteine in the blood

## GOOD SOURCES

### Fish

salmon • tuna • halibut

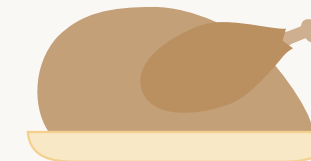
- Salmon (wild), 3 ounces, 0.5-0.8 mg



### Poultry

turkey • chicken • duck

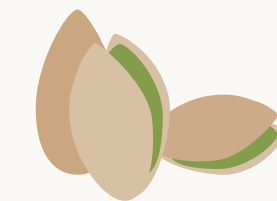
- Turkey, light meat (cooked), 3 ounces, 0.7 mg



### Nuts

hazelnuts • walnuts

- Pistachio Nuts, 1 ounce (47 nuts), 0.5 mg



A 3-ounce serving of meat or fish is about the size of a deck of cards

## DAILY RECOMMENDATION

**2**  
mg

All Adults

## SPECIAL NOTES

- The Daily Recommendation listed is specific to the LPI based on extensive review of the scientific evidence. The Institute of Medicine's Recommended Dietary Allowance (RDA) is 1.3 mg/day for adults (19-50 years), 1.7 mg/day for men (51+ years), and 1.5 mg/day for women (51+ years).
- In the US, vitamin B<sub>6</sub> is added back to refined grains. Therefore, enriched products are also a source of vitamin B<sub>6</sub>.
- Excessive supplementation of vitamin B<sub>6</sub> (more than 100 mg/day) can cause nerve damage and skin lesions.