VITAMIN B₆ (PYRIDOXINE)

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

<table>
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<tr>
<th>Adults 19–50</th>
<th>Adults 51+ Years</th>
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<tr>
<td>1.3 mg</td>
<td>1.7 mg</td>
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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 B₆ is added back to refined grains. Therefore, enriched products are also a source of vitamin B₆.
- Excessive supplementation of vitamin B₆ (more than 100 mg/day) can cause nerve damage and skin lesions.

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