

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Vitamin B 6

This vitamin was discovered by Kuhn and Szent-Gyorgy in 1938. Good food sources include sirloin, white chicken meat, salmon, potatoes, navy beans, bananas and walnuts. Other meats and vegetables have the vitamin but in lesser amounts. One of the problems with B 6 is that it may be inactivated by sterilization, canning or heating, even freezing. This is one reason why we recommend that many vegetables for example are just lightly steamed instead of overcooked. They retain better nourishment.

The chemical is actually a group of similar substances we call pyridoxine or pyridoxal. Major functions include the bodies ability to process carbohydrates and proteins. The action of some hormones is controlled to some degree by pyridoxine. The proper function of nerves and the production of your red blood cells utilize this vitamin.

A deficiency will cause fatigue, oral inflammation, blood abnormalities, nerve dysfunction and possibly seizures. Infants are affected as are alcoholics, kidney patients on dialysis and some of the elderly with poor dietary intake. Fortunately the deficiency is rare in the U.S.

Toxicity of pyridoxine can occur with doses of less than 1 to 6 grams a day. The effects are mostly neurotoxic. Early symptoms may include numbness of the hands and feet, unsteady gait, poor reflexes. There may be muscle weakness, fatigue. It is interesting that some of the same symptoms are associated with a deficiency of the vitamin. It just goes to show you that you need the right amount in your system, not too much and not too little.

As with taking any other vitamin supplement you should check with your doctor before consuming extra vitamin B 6. This is especially important if you plan on taking large amounts of the nutrient.

**The above represents the opinion of A. E. Haas, M.D.
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Just call us directly. No referral needed unless required by your insurance company

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