

University of Maryland on B Vitamins 6, 9, & 12.

From <http://www.umm.edu/altmed/articles/vitamin-b6-000337.htm>

Vitamin B6, also called pyridoxine, is one of eight water-soluble B vitamins. The B vitamins help the body to convert carbohydrates into glucose (sugar), which is "burned" to produce energy. These vitamins, often referred to as the B complex, are also essential in the metabolism of fats and protein. B complex vitamins also play an important role in maintaining muscle tone in the gastrointestinal tract and promoting the health of the nervous system, skin, hair, eyes, mouth, and liver.

Vitamins B12, B6, and B9 (folic acid) work closely together to control blood levels of the amino acid homocysteine. Elevated levels of this substance appear to be linked to heart disease. Plus, vitamin B6 is essential for normal brain development and function, participating in the process of making important brain chemicals called neurotransmitters.

Pyridoxine is an especially important vitamin for maintaining healthy nerve and muscle cells and it aids in the production of DNA and RNA, the body's genetic material. It is necessary for proper absorption of vitamin B12 and for the production of red blood cells and cells of the immune system. Pyridoxine has also been called the "woman's vitamin" because it may help relieve symptoms of premenstrual syndrome (PMS).

In addition to other B complex vitamins, pyridoxine is considered an "anti-stress" vitamin because it is believed to enhance the activity of the immune system and improve the body's ability to withstand stressful conditions.

Symptoms of pyridoxine deficiency include muscle weakness, nervousness, irritability, depression, difficulty concentrating, and short-term memory loss.

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