

VITAMIN B6

Did you know???



Vitamin B6 (Pyridoxine) is a vitamin that is naturally present in many foods. The body needs vitamin B6 for more than **100 enzyme reactions** involved in **metabolism**. Vitamin B6 is also involved in brain development during pregnancy and infancy as well as **immune function**.

NUTRITIONAL FACTS

FOOD	QTY	PYRIDOXINE	DAILY %	CARBS	PROTEIN	CALS
Salmon	100g	0.9mg	73%	0	25.4g	182
Turkey	100g	0.8mg	60%	0	30.1g	147
Beef Steak	100g	0.8mg	60%	0g	29.9g	160
Octopus	100g	0.6mg	50%	4.4g	29.8g	164
Potatoes	1 med	0.6mg	50%	37.3g	4.4g	164
Chicken Breast	100g	0.6mg	50%	0	30.9g	173
Sweet Potato	1 cup	0.6mg	50%	53.8g	4.2g	230
Pistachio	30g	0.5mg	39%	8.2g	6g	168
Beef Liver	50g	0.5mg	39%	2.6g	14.5g	95.5g
Banana	1 large	0.5mg	39%	31.1g	1.5g	121

1. www.Cronometer.com
2. <https://ods.od.nih.gov/factsheets>