



Request an Appointment
 Find a Doctor
 Find a Job
 Give Now

Log in to Patient Account
 Translated Content

- PATIENT CARE & HEALTH INFO
- DEPARTMENTS & CENTERS
- RESEARCH
- EDUCATION
- FOR MEDICAL PROFESSIONALS
- PRODUCTS & SERVICES
- GIVING TO MAYO CLINIC

Drugs and Supplements

Print

Vitamin B6 (pyridoxine)

Safety

Background

Related terms

Evidence

Dosing

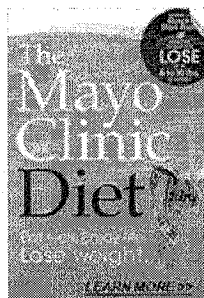
Safety

Interactions

Methodology

Selected references

Products and services



The U.S. Food and Drug Administration does not strictly regulate herbs and supplements. There is no guarantee of strength, purity or safety of products, and effects may vary. You should always read product labels. If you have a medical condition, or are taking other drugs, herbs, or supplements, you should speak with a qualified healthcare provider before starting a new therapy. Consult a healthcare provider immediately if you experience side effects.

Allergies

Avoid in people with known allergy or sensitivity to any ingredient in vitamin B6 products.

Side Effects and Warnings

Vitamin B6 is likely safe when taken by mouth in recommended daily intake amounts. The recommended daily intake of vitamin B6 is as follows for adults: 1.3 milligrams in men and women ages 19-50; 1.7 milligrams in men aged 51 and older; and 1.3 milligrams in women aged 51 older. The recommended daily intake of vitamin B6 is as follows for children: 0.1 milligrams for babies aged 0-6 months; 0.3 milligrams for babies aged 7-12 months; 0.5 milligrams for children aged 1-3 years; 0.6 milligrams for children aged 4-8 years; 1 milligram for children aged 9-13 years; 1 milligram for males aged 14-18 years; and 1.2 milligrams for females aged 14-18 years.

Vitamin B6 may cause abnormal heart rhythms, acne, allergic reactions, breast enlargement or soreness, changes in folic acid levels, decreased muscle tone, drowsiness or sedation, feeling of a lump in the throat, feeling of tingling on the skin, headache, heartburn, loss of appetite, nausea, rash, recurrence of ulcerative colitis (an inflammatory bowel disorder), stomach discomfort or pain, sun sensitivity, vomiting, and worsened asthma.

Side effects to some ingredients of high-dose pyridoxine hydrochloride (which is injected into the vein) are possible.

Vitamin B6 may cause low blood pressure. Caution is advised in people with blood pressure disorders or in those taking drugs or herbs and supplements that lower blood pressure.

CONTINUED

Advertisement

Nature Made

Look for the USP seal of quality.

USP

Nature Made MULTI Prenatal

Learn More about our quality

Mayo Clinic is a not-for-profit organization. Proceeds from website advertising help support our mission. Mayo Clinic does not endorse non-Mayo products and services.

Advertising & Sponsorship Policy | Opportunities

Mayo Clinic Store

Vitamin B6 may affect blood sugar levels. Caution is advised in people with diabetes or low blood sugar, and in those taking drugs, herbs, or supplements that affect blood sugar. Blood sugar levels may need to be monitored by a qualified healthcare professional, including a pharmacist, and medication adjustments may be necessary.

Vitamin B6 may increase the risk of bleeding. Caution is advised in people with bleeding disorders or taking drugs that may increase the risk of bleeding. Dosing adjustments may be necessary.

Use cautiously in people who have heart conditions or stomach and intestine conditions.

Use cautiously in people taking agents for Parkinson's disease, as they may interact with vitamin B6.

Avoid in people with known allergy or sensitivity to any ingredient in vitamin B6 products.

Avoid in doses higher than 200 milligrams daily, due to the risk of nerve pain and seizures.

Avoid high doses during pregnancy or breastfeeding. A special product has been approved by the U.S. Food and Drug Administration (FDA) for use during pregnancy, but it should not be used long-term or in high doses without the guidance of a medical provider, due to the risk of seizures in infants.

Pregnancy and Breastfeeding

Vitamin B6 is likely safe for pregnant and breastfeeding women when taken by mouth in doses not exceeding the recommended daily intake.

Avoid high doses during pregnancy or breastfeeding. A special product has been approved by the U.S. Food and Drug Administration (FDA) for use during pregnancy, but it should not be used long-term or in high doses without the guidance of a medical provider, due to the risk of seizures in infants.

Dosing

Interactions

Portions of this document last updated: Nov. 01, 2013

This evidence-based monograph was prepared by The Natural Standard Research Collaboration

www.naturalstandard.com

Share

Tweet

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

Mayo Clinic Health Letter

The Mayo Clinic Handbook for Happiness

Mayo Clinic Essential Guide to Prostate Health

Guide to Your Baby's First Years

The Mayo Clinic Diet Online

Ads by Google

10 Stocks to Hold Forever

streetauthority.com

Buy them, forget about them, and never sell them.

Older Women Haircuts 2015

hair.stylebistro.com

See pictures of the hottest hair styles for older women.

5 Dangerous Stocks 2015

wealthyretirement.com/DangerZone

These 5 dividend stocks don't have enough cash flow to keep paying.

6 Stocks Set to Soar

profitabletrading.com

Proprietary stock-ranking system signals: "buy these 6 stocks now".

Other Topics in Patient Care & Health Info