

FOODS
HIGH IN

VITAMIN B6

Vitamin B6 is a water soluble vitamin and is essential for Pyroluria sufferers. Vitamin B6 is converted in the liver to the activated form Pyridoxal - 5 - Phosphate commonly known as P5P. Pyroluria sufferers receive greater beneficial results from P5P due to its quick absorption and action within the bloodstream.

Vitamin B6 is obtained from food and manufactured in the intestines by beneficial bacteria. While supplementation of vitamin B6 for pyroluria sufferers is essential, it should not be the only source of vitamin B6. The Foods listed below, not only contain good amounts of vitamin B6, but are rich in antioxidants and other essential disease fighting nutrients.

Pyroluria sufferers should try to include a variety of these foods in their daily eating regime.

The chart below represent foods with high and good levels of vitamin B6.

HIGH SOURCE

Beef
Bell peppers
Bok Choy
Cabbage
Capscium
Cauliflower
Chickpeas
Chilli
Garlic
Lamb
Tuna
Turnip greens

VERY GOOD SOURCE

Asparagus
Banana
Brewers Yeast
Broccoli
Brussel sprouts
Carrot
Chicken
Collard greens
Kale
Leeks
Mustard greens
Potato
Salmon
Squash summer

Squash winter
Sweet potato
Swiss Chard
Tomato
Turkey

GOOD SOURCE

Acorn
Almonds
Amaranth
Apples
Apricots
Avocado
Barley
Blueberry
Brazil Nuts
Brown rice
Buckwheat
Cashews
Celery
Cheese
Chestnuts
Chives
Coconut
Corn
Currants
Dates

Durian
Egg
Elderberry
Fig
Fish
Flaxseed
Grapefruit
Green Peas
Hazelnuts
Horseradish
Jackfruit
Lentils
Lima beans
Liver
Mackerel
Mango
Milk
Millet
Molasses (Blackstrap)
New Zealand Spinach
Oatmeal
Octopus
Onions
Paprika
Parsley

Peach
Peanuts
Pecans
Pheasant
Pineapple
Pistachio
Plums
Pork
Prunes
Quinoa
Radish
Raisins
Rice Bran
Rye
Sapote
Shallots
Shiitake
Spearmint
Sorghum
Soybeans
Spinach
Spirulina
Tangerine
Tofu
Venison
Walnuts
Warrigal greens
Wheat Germ

