

# FOODS HIGH IN VITAMIN B6

Vitamin B6 is a water soluble vitamin and is essential for Pyroluria sufferers. It 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  
Capsicum  
Cauliflower  
Chickpeas  
Chilli  
Garlic  
Lamb  
Tuna  
Turnip greens

Potato  
Salmon  
Squash summer  
Squash winter  
Sweet potato  
Swiss Chard  
Tomato  
Turkey

Egg  
Elderberry  
Fig  
Fish  
Flaxseed  
Grapefruit  
Green Peas  
Hazelnuts  
Horseradish

Plums  
Pork  
Prunes  
Quinoa  
Radish  
Raisins  
Rice Bran  
Rye  
Sapote

## GOOD SOURCE

## VERY GOOD SOURCE

Asparagus  
Banana  
Brewers Yeast  
Broccoli  
Brussel sprouts  
Carrot  
Chicken  
Collard greens  
Kale  
Leeks  
Mustard greens

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

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

Shallots  
Shiitake  
Spearmint  
Sorghum  
Soybeans  
Spinach  
Spirulina  
Tangerine  
Tofu  
Venison  
Walnuts  
Warrigal greens  
Wheat Germ

