

# iMedix: Your Personal Health Advisor.

## Vitamin B-6

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- **ActiveIngredient:**
  - **DosageForm:**
  - **Dosage:**
  - **Indications:**
  - **Manufacturer:**
  - **Storage:**
  - **Market Price:**
  - **Drug Status:**
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### Description

Side Effects Pyridoxine usually has no side effects when used in recommended doses. If your doctor has prescribed this medication, remember that your doctor has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. Pyridoxine can cause side effects when taken in large doses for a long time. Tell your doctor right away if you have any serious side effects, including: headache, nausea, drowsiness, numbness/tingling of arms/legs. A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. In the US – Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at [www.fda.gov/medwatch](http://www.fda.gov/medwatch). In Canada – Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345. How long does it take for this medicine to take effect? The onset of action for Vitamin B-6 can vary depending on the condition being treated and the route of administration. When taken orally for deficiency states, clinical improvement in symptoms (such as those related to anemia or peripheral neuropathy) may be observed within days to weeks. For injections, effects may be noticed more rapidly. How long do the effects of this medicine last? Being a water-soluble vitamin, Vitamin B-6 is not stored in large amounts in the body and is excreted in the urine. Regular daily intake is necessary to maintain adequate levels. The duration of its effects will depend on the dose and the individual's metabolism, but daily supplementation or dietary intake is needed to sustain its physiological benefits. Is it safe to consume alcohol while taking this medicine? Chronic alcohol consumption can lead to a decrease in Vitamin B-6 levels in the body, as alcohol interferes with its metabolism and increases its excretion. While moderate alcohol consumption may not significantly affect Vitamin B-6 levels, it is advisable for individuals taking Vitamin B-6 supplements to limit their alcohol intake to prevent potential negation of the vitamin's benefits. Is this a habit forming medicine? Vitamin B-6 is not habit-forming and does not have the potential for abuse or dependence. It is a nutritional supplement used to ensure adequate intake of this essential nutrient. Can this medicine be taken during pregnancy? Vitamin B-6 is commonly used during pregnancy to help manage nausea and vomiting. It is generally considered safe when used in recommended doses. Excessive intake, however, should be avoided, as very high doses have been associated with newborn dependence and withdrawal symptoms. Pregnant women should use Vitamin B-6 under the guidance of a healthcare provider

to ensure the dosage is appropriate. Can this medicine be taken while breast-feeding? Vitamin B-6 is considered safe for use while breast-feeding when taken at recommended dietary levels. High doses of Vitamin B-6, however, should be avoided as they may reduce milk production. Nursing mothers should consult a healthcare provider to determine the appropriate dosage to support their health and the health of their baby.

**Uses** Pyridoxine (vitamin B6) is used to prevent or treat low levels of vitamin B6 in people who do not get enough of the vitamin from their diets. Most people who eat a normal diet do not need extra vitamin B6. However, some conditions (such as alcoholism, liver disease, overactive thyroid, heart failure) or medications (such as isoniazid, cycloserine, hydralazine, penicillamine) can cause low levels of vitamin B6. Vitamin B6 plays an important role in the body. It is needed to maintain the health of nerves, skin, and red blood cells. Pyridoxine has been used to prevent or treat a certain nerve disorder (peripheral neuropathy) caused by certain medications (such as isoniazid). It has also been used to treat certain hereditary disorders (such as xanthurenic aciduria, hyperoxaluria, homocystinuria).

**How to use Vitamin B-6** Take this vitamin by mouth with or without food, usually once daily. Follow all directions on the product package, or take as directed by your doctor. If you have any questions, ask your doctor or pharmacist. If you are taking the extended-release capsules, swallow them whole. Do not crush or chew extended-release capsules or tablets. Doing so can release all of the drug at once, increasing the risk of side effects. Swallow the whole tablet without crushing or chewing. If you are using the liquid form of this product, carefully measure the dose using a special measuring device/spoon. Do not use a household spoon because you may not get the correct dose. If your liquid form is a suspension, shake the container well before each use. If you are taking the powder, mix it thoroughly in the proper amount of liquid and stir well. Drink all of the liquid right away. Do not prepare a supply for future use. Dosage is based on your medical condition and response to treatment. Use this vitamin regularly to get the most benefit from it. To help you remember, take it at the same time each day. Tell your doctor if your condition lasts or gets worse. If you think you may have a serious medical problem, get medical help right away.

**Precautions** Before taking pyridoxine, tell your doctor or pharmacist if you are allergic to it; or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details. Before using this vitamin, tell your doctor or pharmacist your medical history. During pregnancy, this vitamin has been found to be safe when used in recommended doses. This vitamin passes into breast milk and is considered to be safe during breast-feeding when used in recommended doses. Consult your doctor for more information.

**Overdose** If someone has overdosed and has serious symptoms such as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Symptoms of overdose may include: numbness/tingling of arms/legs. Keep all medical and lab appointments. This product is not a substitute for a proper diet. It is best to get your vitamins from healthy foods. Vitamin B6 is commonly found in pork, fish, chicken, whole wheat products, and beans, among others. Consult your doctor, pharmacist, or nutritionist for more details. If you miss a dose, take it as soon as you remember. If it is near the time of the next dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up. Different brands of this vitamin have different storage needs. Check the product package for instructions on how to store your brand, or ask your pharmacist. Do not store in the bathroom. Keep all medications away from children and pets. Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company.

**Interactions** Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. A product that may interact with this vitamin is: altretamine. This vitamin may interfere with certain lab tests (including urine test for urobilinogen), possibly causing false test results. Make sure lab personnel and all your doctors know you use this vitamin.

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**Side Effects**

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**Uses**

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**Interactions**

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**Other Details**

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