



VITAMIN B6 - Test Code 5104



Turnaround Time: 7 Business days



Specimen Type: 1x EDTA
(Fasting) wrap in foil

Description

Vitamin B6 plays an important role in maintaining our health, particularly in relation to blood sugar regulation, immunity and inflammation (Stach et al., 2021). When blood sugar levels are high, as seen in diabetes, it can damage organs like the heart, kidneys and eyes (Stach et al., 2021). This damage is partly caused by a process called glycation, which forms harmful products that can stress the body. Vitamin B6 helps reduce this process, and research has shown that it may also help prevent kidney damage (nephropathy) in people with diabetes (Stach et al., 2021).

In addition to helping with blood sugar control, vitamin B6 is essential for a healthy immune system (Stach et al., 2021). It helps produce key immune cells that protect the body from infections and other diseases (Stach et al., 2021). It also plays a role in reducing inflammation, which is linked to many chronic conditions like heart disease, cancer and autoimmune diseases (Stach et al., 2021).

Low levels of vitamin B6 are often seen in people with chronic inflammation, diabetes and heart disease. Ensuring you get enough vitamin B6, either through diet or supplements, can support overall health and help protect against some of these conditions.

Whats included?

- Vitamin B6

Conditions and Symptoms

- Fatigue and Low Energy
- Coeliac Disease
- Malabsorption syndromes
- Anaemia
- Peripheral neuropathy
- Dermatitis
- Cognitive decline

Complementary Testing

- Neurotransmitters – Advanced (Test code 4036)
- Complete Microbiome Mapping (Test code 2206)
- Vitamin B12 and Folate (Test code 6013)
- Homocysteine (Test code 4007)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



info@nutripath.com.au



1300 688 522



www.nutripath.com.au

For more information
scan the QR code



*See NATA and CLIA website for further details