

Vitamin B6

Dolishniy Oleksiy
B -23

Vitamin B6 - the common name of three compounds: pyridoxine, piridoksalya , pyridoxamine and their phosphates, among which the most important pyridoksalphosphate .

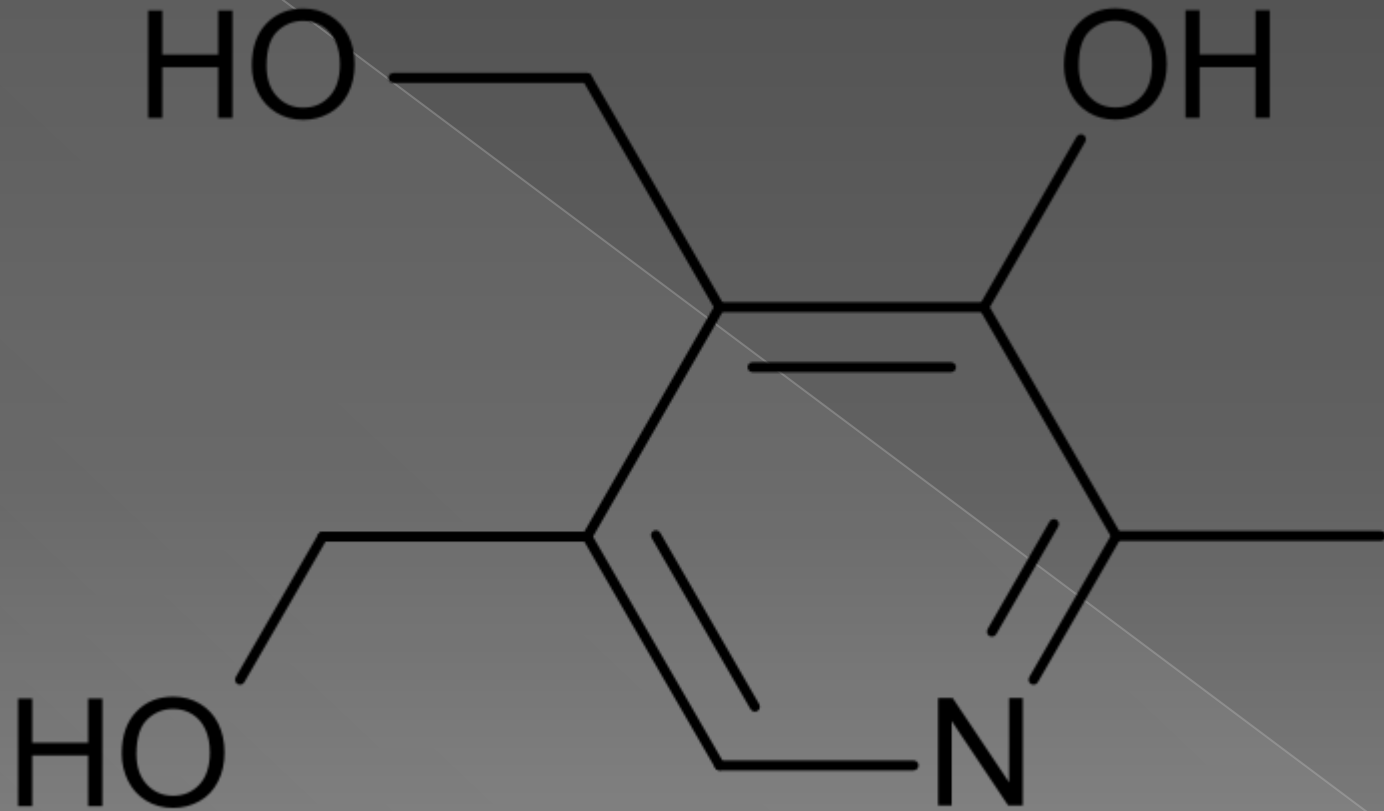
In human foods are pyridoxine, pyridoxal and pyridoxamine and their phosphates. In the human body , any of these substances becomes a

pyridoksalphosphate.



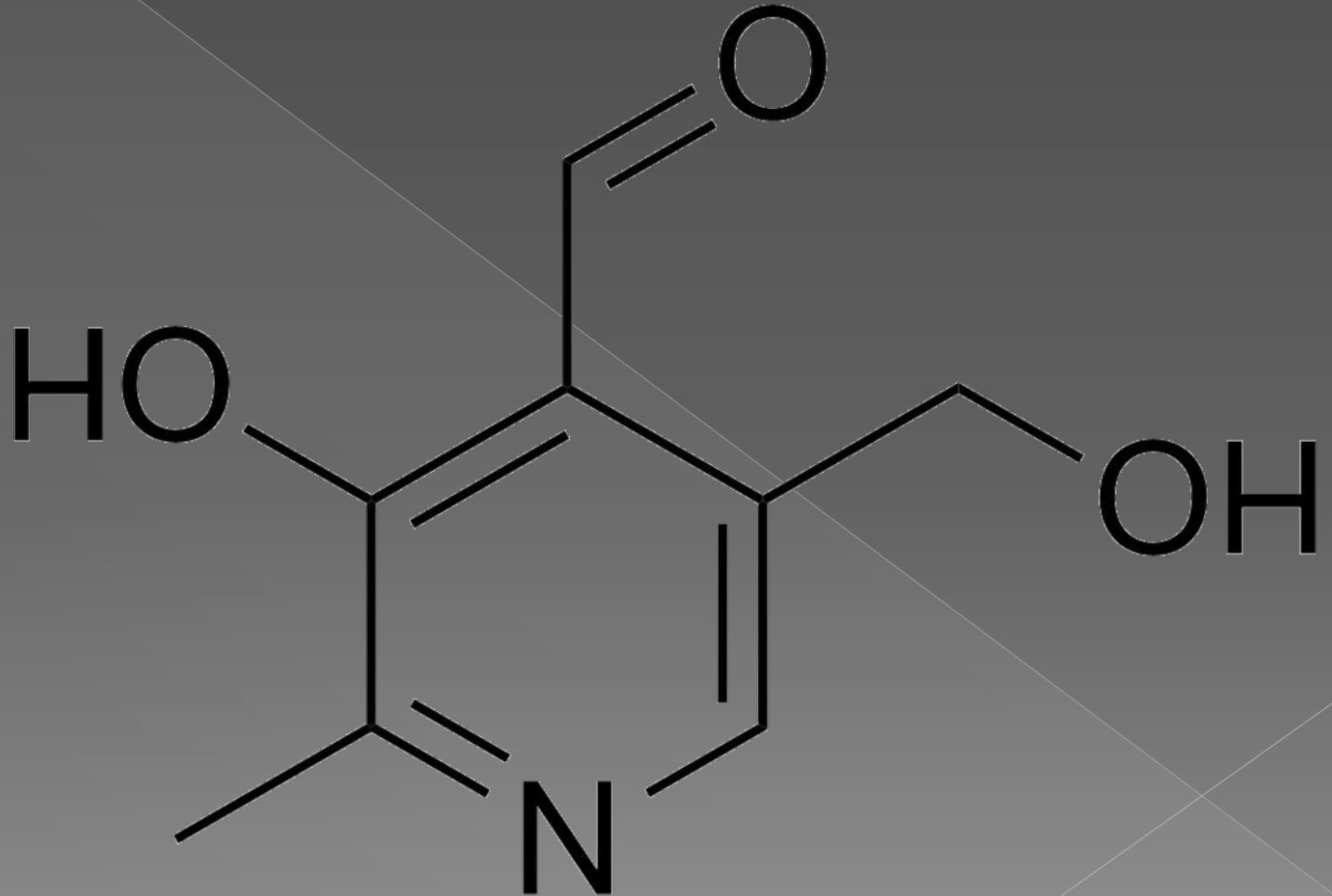


Pyridoxine



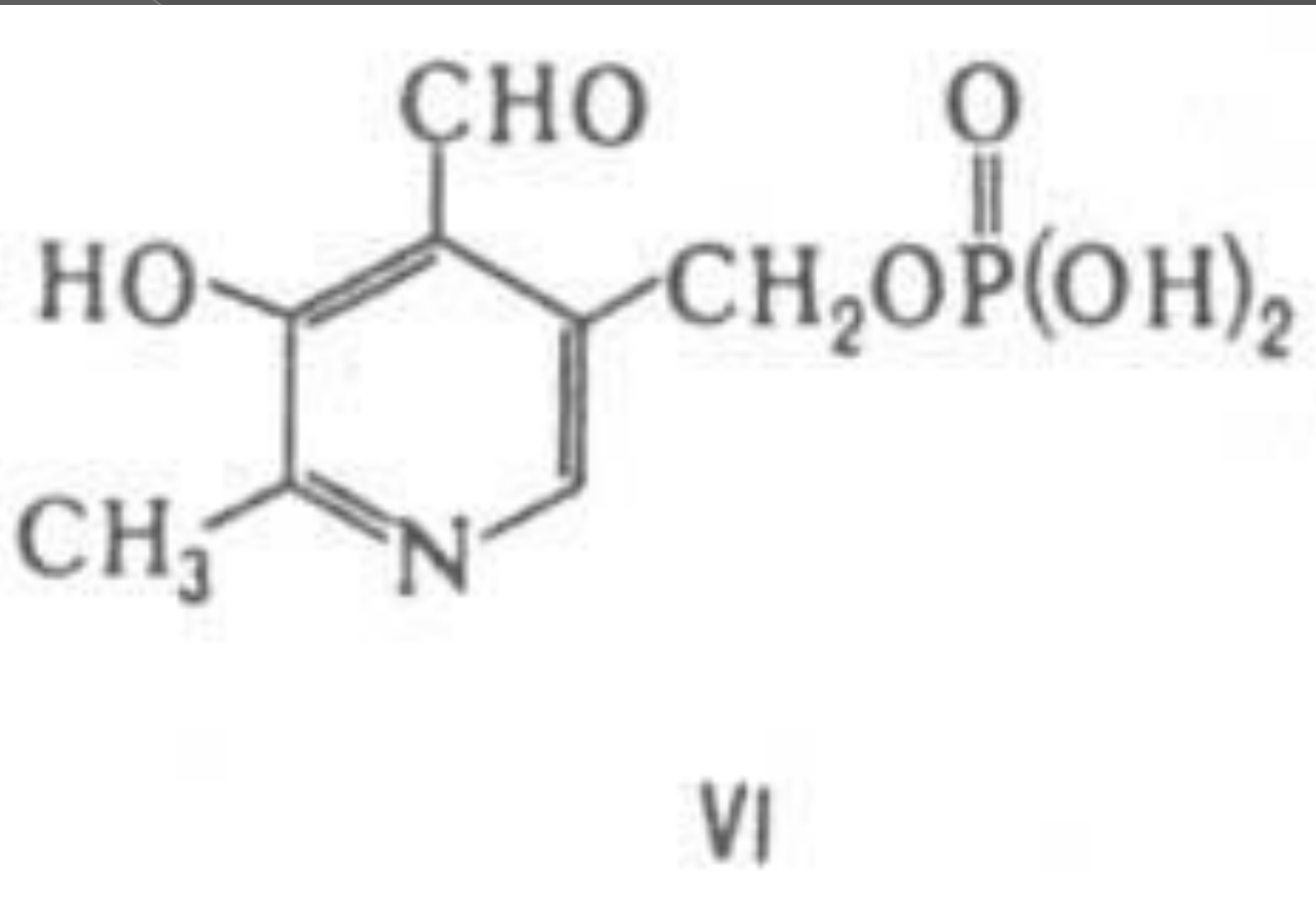
- Pyridoxine is synthesized by some bacteria ;
- Found in meat and dairy products ;
- Not resistant to high temperatures

Pyridoxal



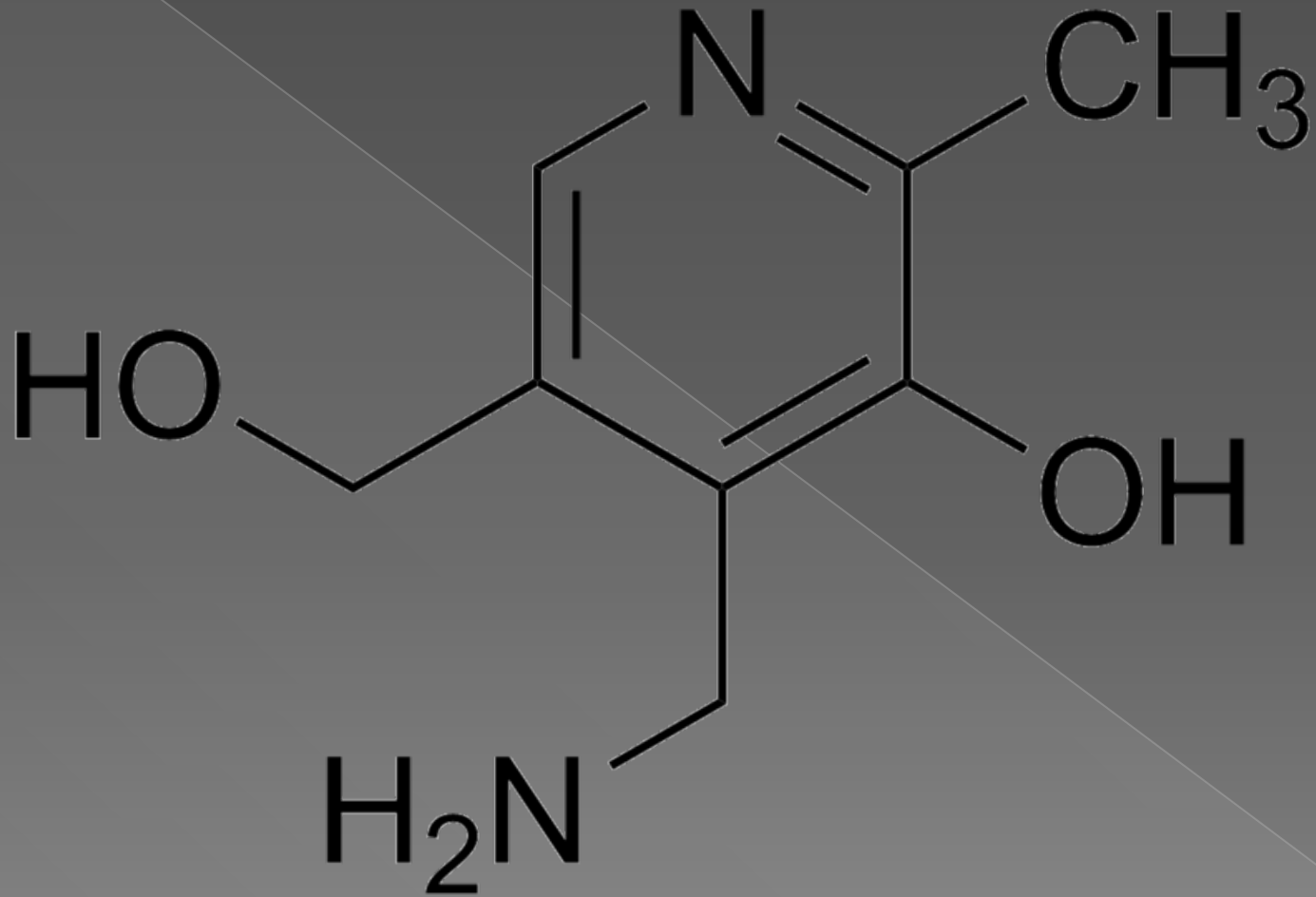
- There crystalline powder , melting at 165°C ;
- Contained in some plants

Pyridoxal-5-phosphate



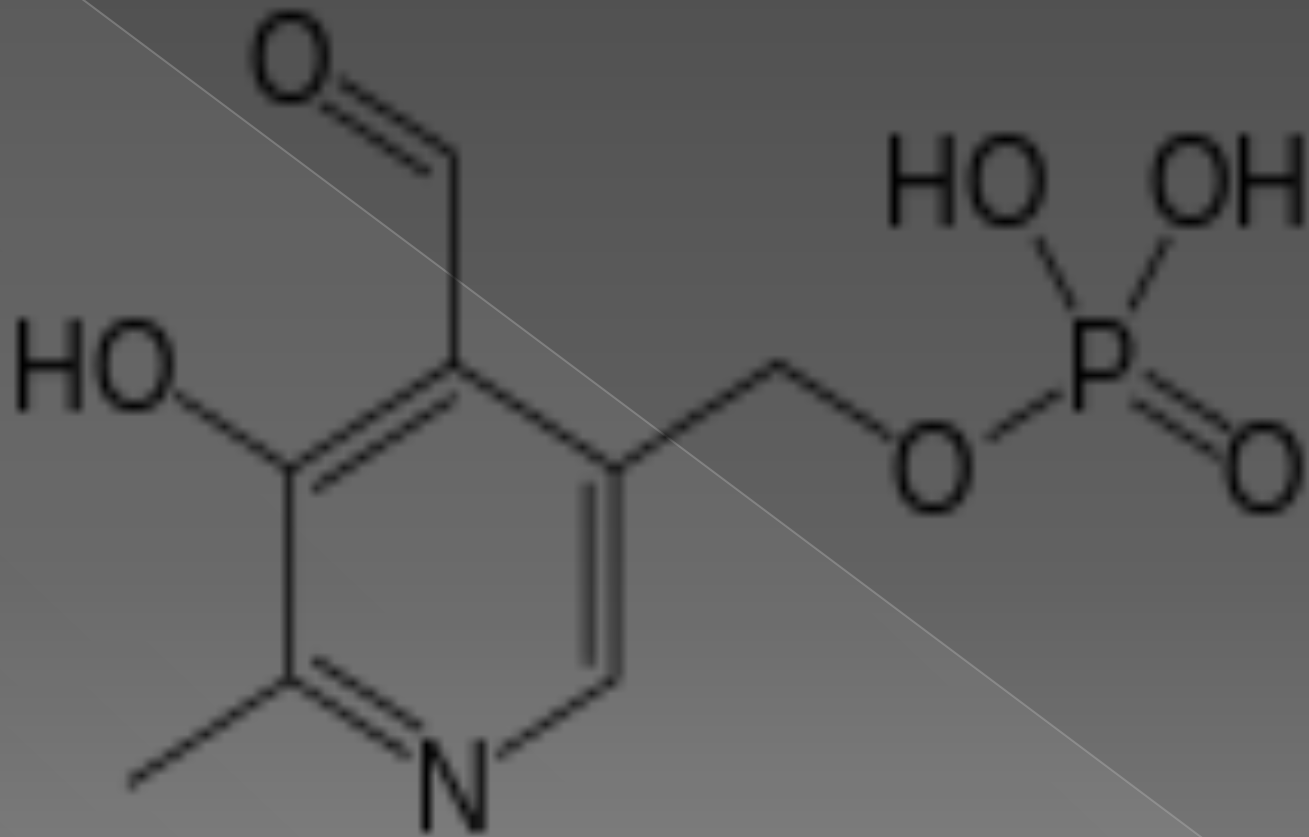
- Participates in the metabolism of amino acids tryptophan, cysteine , methionine , glutamine;
- Regenerates the nervous tissue ;
- Stimulates generating hemoglobin.

Pyridoxamine



- Pyridoxamine found in animal meat .
- Using some food supplements.
- It plays an important role in the metabolism of proteins.

Pyridoksalphosphate



- Involved in the formation of red blood cells ;
- Is involved in the assimilation of glucose by nerve cells ;
- Required for protein metabolism ;
- Involved in the metabolism of lipids

Thank you for
attention