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## B6 Vitamin !!!

Posted by nikanika - 2008/02/09 23:03

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I'm in my 2nd trimester and i've been taking my prenatal vitamin everyday. I've been super tired, and feel like i never have any energy no matter how much sleep i get, and i heard that taking b6 vitamin helps with energy. I was wondering though if this was safe to take in addition to my prenatal vitamin. Is too much B6 vitamin bad for baby or bad for me?

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## Re:B6 Vitamin !!!

Posted by wael - 2008/02/09 23:49

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Vitamin B6, also known as pyridoxine, aids your body's metabolism of protein, fats, and carbohydrates. It also helps convert amino acids and form new red blood cells, antibodies, and neurotransmitters, and is vital to your fetus's developing brain and nervous system. A deficiency may aggravate morning sickness, which supplementation can help relieve.

While you're pregnant, you'll need about 1.9 mg a day — about what you'd expect to get from eating a bowl of vitamin-fortified cereal.

There are several signs of vitamin B6 deficiency, you can ask your practitioner about taking more if you're suffering from one or more of them.

Signs of deficiency include:

- 1-Inflammation of the tongue
- 2-Sores or mouth ulcers
- 3-Depression
- 4-Anemia may be a signal of deficiency

Always ask your health care provider about the most suitable supplements and vitamins you can take.

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