

Dr. Crowley's Farmacy

Vitamin B6 -

Produces amino acids in the body
Involved in red blood cell metabolism and proper
functioning of the nervous and immune systems

A B6 deficiency can lead to skin inflammation and may increase the
risk of heart disease.

The Daily Value is 1.7 Mg per day

The following foods are a great source of Vitamin B6

Fish

Salmon 6 oz 1.6 mg
Tuna 6 oz 1.8 mg
Snapper, 1 fillet 0.8 mg
Mackerel, 6 oz fillet 0.8 mg
Mahi Mahi 1 fillet 0.7 mg

Meat

Chicken Breast 6 oz 1.6 mg
Pork Chop, 1 chop 1 mg
Beef Liver 1 slice 0.8 mg
Eye of Round Roast 3 oz 0.7 mg
Beef Tenderloin Steak 3 oz 0.6 mg
Ribeye Steak, 1 fillet 0.6 mg
Roasted Ham 1 cup 0.6 mg

Vegetables

Sweet Potato, 1 cup 0.6 mg
Baked Potato, 1 med. Potato 0.6 mg
Spinach-cooked 1 cup 0.4 mg
Green Peas, cooked 1 cup 0.3 mg
Green or Red Peppers 1 medium 0.3 mg
Kimchi, 1 cup 0.3 mg
Broccoli-cooked 1 cup 0.3 mg
Bok Choy-cooked 1 cup 0.3 mg
Brussel Sprouts-cooked 1 cup 0.3 mg

Fruit

Bananas, 1 cup 0.6 mg
Avocados, 1 cup 0.5 mg

Seeds & Nuts

Pistachios, 1 oz 0.5 mg
Sunflower Seeds, 1 oz 0.4 mg
Walnuts, 1 oz 0.2 mg
Hazelnuts 1 oz 0.2 mg

"Let food be thy medicine and medicine be thy food" Hippocrates