

Vitamins

Vitamins are substances that your body needs to grow and develop normally. There are 13 vitamins your body needs. They are Vitamin A, B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, ... [See more](#))

VITAMIN B6, PLAS...

15.0

(ng/mL)

Range: 5.1-54.8

VITAMIN B6, PLASMA

(ng/mL)



Result Comments

Vitamin supplementation within 24 hours prior to blood draw may affect the accuracy of the results.

Vitamin B6 Status: Pyridoxal 5' Phosphate
(active molecule of Vitamin B6)

Deficient	<4.9 ng/mL (1)
Marginal	4.9 - 7.4 ng/mL (2)
Sufficient	>7.4 ng/mL (2), (3)

(1) Food and Nutrition Board, Institute of Medicine. Vitamin B6. In: Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, vitamin B12, pantothenic acid, biotin, and choline. Washington, DC: National Academy Press; 1998: 150-95.

(2) Gregory JF 3rd, Park Y, Lamers Y, et al. PLoS One 2013;8:e63544.

(3) Jungert A, Linseisen J, Wagner KH, Richter M. et al. Ann Nutr Metab 2020;76:213-22.

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute Chantilly, VA. It has not been cleared or approved by the U.S. Food and Drug Administration. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.