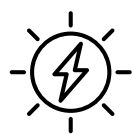


Vitamin B6

Why do we need it?



- To help the body to use and store energy from protein & carbohydrates in food.



- To help the body form haemoglobin, the substance in red blood cells that carries oxygen around the body.

Daily Recommended Allowance: depends on gender.

Men : **1.4mg**

Women : **1.2mg**



= **1.1mg**

170g of Chickpeas



= **0.5mg**

100g of Pork



= **0.6mg**

1 Large Banana

Symptoms of Deficiency

Skin Rashes



Fatigue



Cracked Lips

