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Clinical Notes Low sun exposure iregular periods. Fasting., day 1-2 cycle

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VITAMIN STUDIES

Vitamin B6 (P5P)

74 20 - 190

nmol/L

The B vitamins, vitamin B1 (thiamine diphosphate or TDP), B2 (flavin adenine dinucleotide or FAD), and B6 (pyridoxal-5-phosphate or P5P), are measured and reported in their physiologically active forms in whole blood. Their absolute whole blood levels are more specific, and they rise and fall more rapidly than the indirect functional levels measured by enzymatic activity. Hence, blood samples should be collected fasting and prior to any supplementation. As the distribution of the vitamins is shared between the blood cells and the plasma, vitamin B levels may appear artefactually low in anaemic patients with low haematocrit.

To convert this Vitamin B6 result to mass units: nmol/L x 0.247 = mg/L

SS

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