



Australian Government

Department of Health, Disability and Ageing  
Therapeutic Goods Administration

# Did you know taking too much vitamin B6 can cause serious side effects?

Most people already get enough vitamin B6 from their diet and don't need any further supplementation.

Taking too much vitamin B6 can lead to irreversible nerve damage.

There are steps you can take to lessen the risks of serious side effects:

1. Check the label of any vitamin or supplement products for vitamin B6 – it's also called pyridoxine, pyridoxamine & pyridoxal.
2. Be aware of how much vitamin B6 you're consuming, especially if you use multiple products.
3. Reduce or stop taking vitamin B6 unless you have been diagnosed with a deficiency by a health professional.
4. Seek medical advice if you experience any symptoms of nerve damage.

