

Premenstrual Syndrome (PMS)

PMS-periods

Patients experiencing premenstrual syndrome (PMS) may have pyridoxine deficiency. Pyridoxine may be administered in women suffering from PMS symptoms such as breast pain. Vitamin supplementation may help balance hormonal changes and alleviate symptoms of PMS.

Side Effects

Ataxia

A-taxi

Side effects are not typically seen in patients taking low doses of pyridoxine. However, extremely high doses may lead to neurologic injury such as ataxia. Ataxia is characterized by involuntary muscle coordination.

Peripheral Neuropathy

Purple-wavy Neuron-extremities

Patients taking high doses of pyridoxine may experience peripheral neuropathy. The condition manifests as numbness of the hands and feet.

Contraindications

Levodopa

Levitating-L-Doberman

Pyridoxine interferes with the anti-Parkinsonian medication levodopa (refer to the Picmonic on "Levodopa/carbidopa (Sinemet)"). Since concurrent administration is contraindicated, patients taking levodopa should be instructed not to take pyridoxine supplementation.

Considerations

Cereals and Meats

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Highly fortified cereals and soy products are good sources of pyridoxine. Noncitrus fruits and starchy vegetables such as white potatoes also provide dietary pyridoxine. Pyridoxine is also found in fish and poultry. Organ meats such as beef liver are especially rich sources of pyridoxine.