

The Surprising Link Between Vitamin B6 and Tingling Nerves



Vitamin B6 is a powerful little nutrient that helps with everything from energy to mood to keeping your nerves healthy. But when it comes to peripheral neuropathy — that uncomfortable tingling, burning or numbness that can affect hands and feet — B6 has recently been getting a bad wrap. So much so that the TGA (Therapeutic Goods Administration) have drastically reduced the amount of B6 allowed in supplements. However, the truth is not that straight forward.

Peripheral neuropathy can result from various causes, including diabetes, specific medications, nerve injury or impingement, autoimmune disorders, and infections like shingles. When it comes to vitamin B6, both too little and too much can equally play a part.

Most supplements on the shelf use **pyridoxine hydrochloride**, the basic form of B6. Your body has to convert this into its active form, called **pyridoxal-5-phosphate (P5P)**, before it can actually use it. For many people this works just fine, but for others the conversion isn't very efficient. When high doses of pyridoxine build up in the system, it can actually irritate the nerves rather than protect them — leading to the very symptoms it's meant to help with.



This is where the **activated form, P5P**, can make a difference. Because it's already in the form your body needs, it doesn't have to go through the conversion process. That means it's much less likely to accumulate in a way that harms the nerves. Many people find P5P gentler and more reliable when they need longer-term support from B6.

The key takeaway is that both B6 deficiency and excess can be problematic, but being mindful of the form of B6 you use makes a big difference. If you're considering a supplement, especially for nerve health, have a chat with me about the right forms and products for you.