

Does Vitamin B6 help Relieve Morning Sickness during Pregnancy

Morning sickness is the nauseous feeling commonly experienced during the first trimester. For pregnant women, taking vitamin B6 supplements could relieve them from morning sickness. However, experts aren't sure how much vitamin B6 is safe in pregnancy, so it's not routinely recommended as a treatment. Pregnant women need only 1.9 milligrams (mg) of this vitamin a day to help make antibodies, red blood cells, and neurotransmitters and to meet the needs of their developing baby.

Vitamin B6, also known as pyridoxine, is a vitamin that is naturally present in many foods. The body needs vitamin B6 for more than 100 enzyme reactions involved in metabolism. Studies have shown that taking this vitamin can help relieve queasiness for some pregnant women. Vitamin B6 can be found in the wide variety of foods and nutritious diet. Foods such as bananas, nuts, green beans, carrots, cauliflower, potatoes, lean meats, and fish are good sources of vitamin B6.

Health Benefits of Vitamin B6

Vitamin B6 is a water-soluble vitamin used in over 100 essential processes in your body to produce amino acids and metabolize macronutrients such as carbohydrates, proteins, and fats. It is an important nutrient, as it helps us to use and store energy from foods. It also fosters the growth of red blood cells. A healthy, balanced diet will give you enough vitamin B6 to meet your daily needs, without the need to take a separate supplement.

General recommendations for Morning Sickness

Eat small meals throughout the day to avoid getting too full or too hungry.

Allow yourself plenty of time to get out of bed. Get plenty of rest when you can. This is especially important if you have to get up early in the morning.

Avoid foods or smells that make your nausea worse.

For dinner avoid spicy, greasy foods. Prepare foods that are bland and do not have a strong odor.

Note:

Intake of more than 100 mg a day of vitamin B6 can cause temporary nerve damage.