**Table 1:** Summary of vitamin B6 deficiency that can be explained by low intake.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Subjects** | **Dietary measurement** | **Mean vitamin B6 intake (mg/d)** | | **RDA (mg/d)** | | **Vitamin B6 deficiency group** | **Measurement of vitamin B6** | **References** |
| 300 Dutch adults  (20 - 79y) | 3-day dietary record | Men  (20 - 49y) | 1.67 ± 0.45 | 1.30 | | Based on plasma PLP:  16% deficiency among men age 50 - 79y, other groups, 3 - 7% deficiency;  Based on functional status parameters:  0 - 8% deficiency | Plasma PLP, Plasma PL + PLP, urinary 4-PA,  erythrocyte alanine and aspartate aminotransferase activities (EALT-AC and EAST-AC) | [[13](https://www.ncbi.nlm.nih.gov/pubmed/9598765)-[15](https://www.ncbi.nlm.nih.gov/pubmed/9598766)] |
| Men  (50 - 79y) | 1.39 ± 0.40 | 1.70 | |
| Women  (20 - 49y) | 1.19 ± 0.54 | 1.30 | |
| Women  (50 - 79y) | 1.15 ± 0.24 | 1.50 | |
| 103 healthy Taiwan adolescents (13 - 15y) | 3-day dietary recall | Boys | 1.04 ± 0.24 | 1.30 | | No plasma PLP < 20 nmol/L but 4% boys and 17% girls urinary 4-PA < 3 μmol/d | Plasma PLP, urinary 4-PA, erythrocyte alanine and aspartate aminotransferase activities (EALT-AC and EAST-AC) | [[16](https://www.ncbi.nlm.nih.gov/pubmed/14519809)] |
| Girls | 0.83 ± 0.26 | 1.20 | |
| 19-30y | 1.50 ± 0.30 | 1.30 | |
| 6159 participants of NHANES (> 1y) | 2-day 24h dietary recall | nonusers of supplements | 1.86 ± 0.02 | 0.50 - 1.70 | | Deficiency in 11% of supplement users, 24% of nonusers; highest deficiency among age 21 - 44y | Plasma PLP | [[17](https://www.ncbi.nlm.nih.gov/pubmed/18469270)] |
| supplement usuers | 1.94 ± 0.02 |
| 1236 Puerto Rican adults (45 - 75 years) | Dietary recall | Men | 2.46 ± 0.98 | 31-50y | 1.30 | 22.5% women and 19.3% men not meeting RDA;  11% plasma PLP < 20 nmol/L, and 17% < 30 nmol/L | Plasma PLP | [[18](https://www.ncbi.nlm.nih.gov/pubmed/21034879)] |
| > 51y | 1.70 |
| Women | 2.19 ± 0.96 | 31 - 50y | 1.30 |
| > 51y | 1.50 |
| 61 nursing home residents  (85.3 ± 6.8y) | Weekly dietary recall | Men | 1.60 ± 0.30 | 1.70 | | 49% deficiency | Plasma PLP | [[19](https://www.ncbi.nlm.nih.gov/pubmed/23394203)] |
| Women | 1.18 ± 0.31 | 1.50 | |
| 254 Korean adults  (20 - 64y) | 3-day 24h dietary recall | Men | 2.17 ± 0.67 | 1.30 - 1.70 | | 15.7% plasma PLP < 20 nmol/L; 35.4% < 30 nmol/L | Plasma PLP | [[7](https://www.ncbi.nlm.nih.gov/pubmed/25489409)] |
| Women | 1.84 ± 0.60 | 1.30 - 1.50 | |
| 202 non-pregnant Metro Vancouver women  (19 - 35y) | Dietary recall | High household income | 1.50 ± 0.47 | 1.90 | | 1.5% plasma PLP < 20 nmol/L; 12.4% < 30 nmol/L; lower prevalence of deficiency of vitamin B6 deficiency among high income | Plasma PLP | [[20](https://www.ncbi.nlm.nih.gov/pubmed/27598193)] |
| Low household income | 1.40 ± 0.42 |