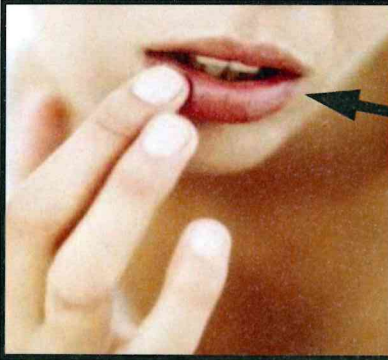


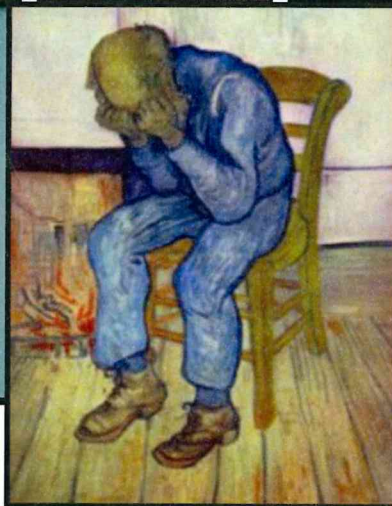
# Vitamin B6 - pyridoxine



Split lips, red sore tongue, cracks in corner of mouth, sensitive teeth are all part of B6 deficiency symptoms.



Depression and PMT respond to supplemental B6, as does nausea and morning sickness.

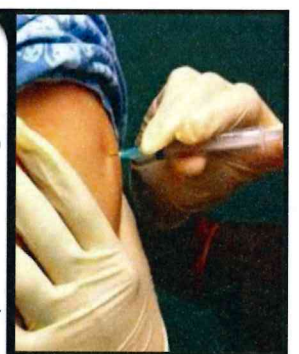
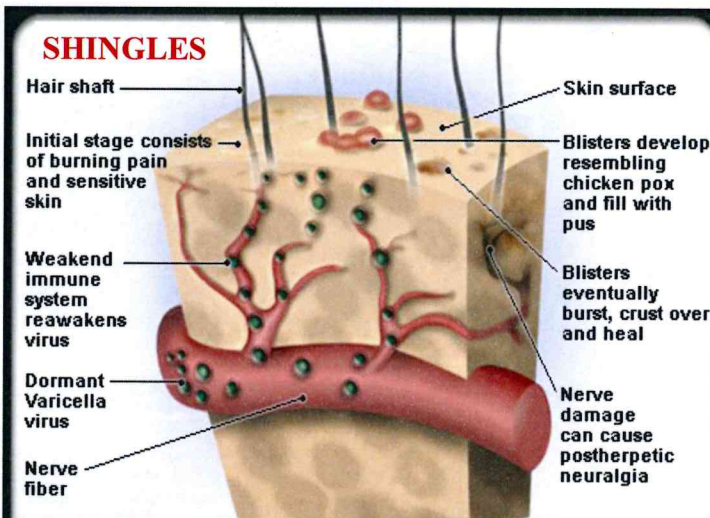


B6 hand test - bend only last 2 knuckles of fingers down to touch palm. Inability to do this indicates inflamed synovial membranes in joints due to low B6 levels.

# Vitamin B12 - cyanocobalamin



**SHINGLES**



B12 by injection best way to protect nerve from damage by shingles virus.



B12 injections needed for spurs & bursitis too



No moons on fingernails



white moon

Lack of white moons on fingers signify low B12. Thumbnail last moon to go - good levels if moon 1/2 way up the nail. Also fatigue and tingling in fingers and toes when anaemic from poor B12 levels.



tired

tingling in fingers