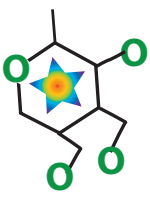
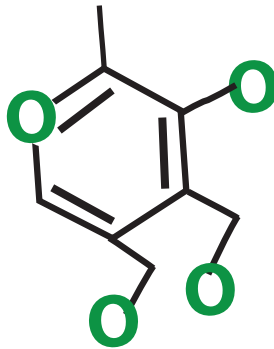
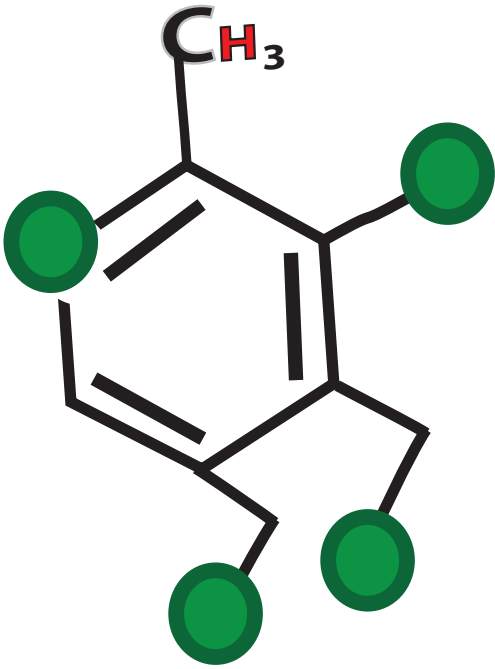
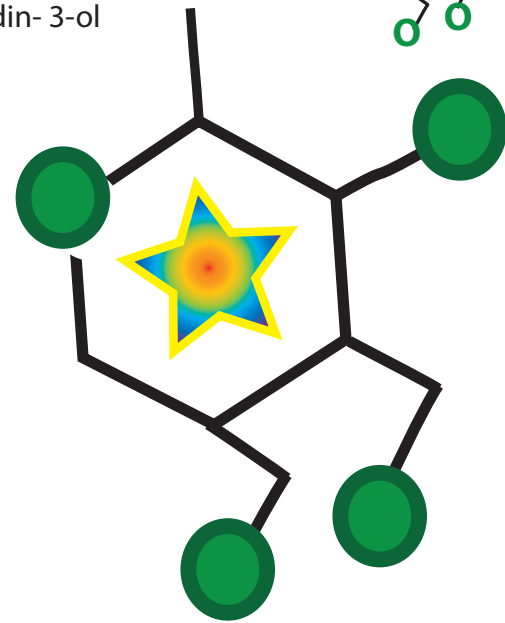
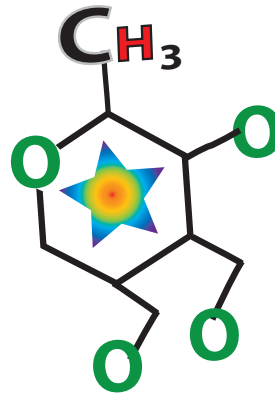
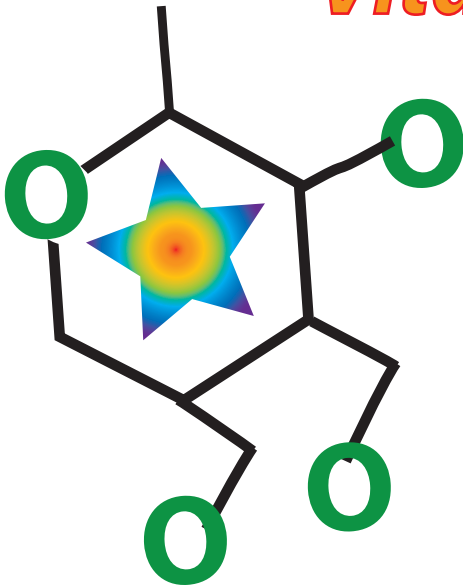


# Vitamin B6 "Rocker"

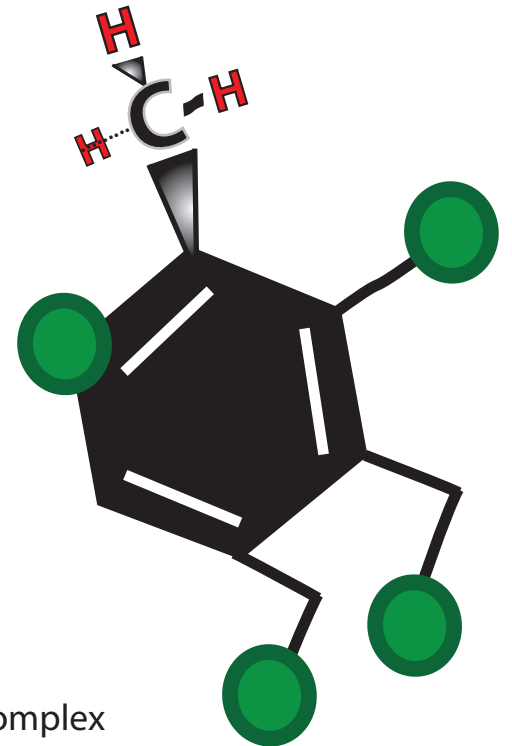
Pyridoxine



4,5-Bis(hydroxymethyl)- 2-methylpyridin- 3-ol



Four O's, aromatic one "O ring",  
Tri (methanol) alcoholic ether  
ring w/ methyl head



Vitamin B6 is a water-soluble vitamin and is part of the vitamin B complex group. Pyridoxal phosphate (PLP) is the active form and is a cofactor in many reactions of amino acid metabolism, including transamination, deamination, and decarboxylation. PLP also is necessary for the enzymatic reaction governing the release of glucose from glycogen.

