B3 & B6 worksheet

Identify the words being asked about Vitamin B3 and B6.

1. What is the generic name for nicotinic acid and nicotinamide?
2. It is the group name for pyridoxol, pyridoxal, and pyridoxamine.
3. What is the unit measurement for vitamin B3?
4. It is the active molecule in the body that serves as a coenzyme in amino acids.
5. This decreases triglycerides and increases high-density lipoprotein.

Type **True** if the statement is correct and **False** if otherwise.

1. It is likely to get harmful amounts of niacin through the diet.
2. Hypervitaminosis B6 occurs when toxic levels cause neuropathy and hypersensitivity to pyridoxine.
3. Consuming B1, B2, and niacin in sufficient quantities means adequate amounts of other B-vitamins are supplied.

LIVEWORKSHEETS